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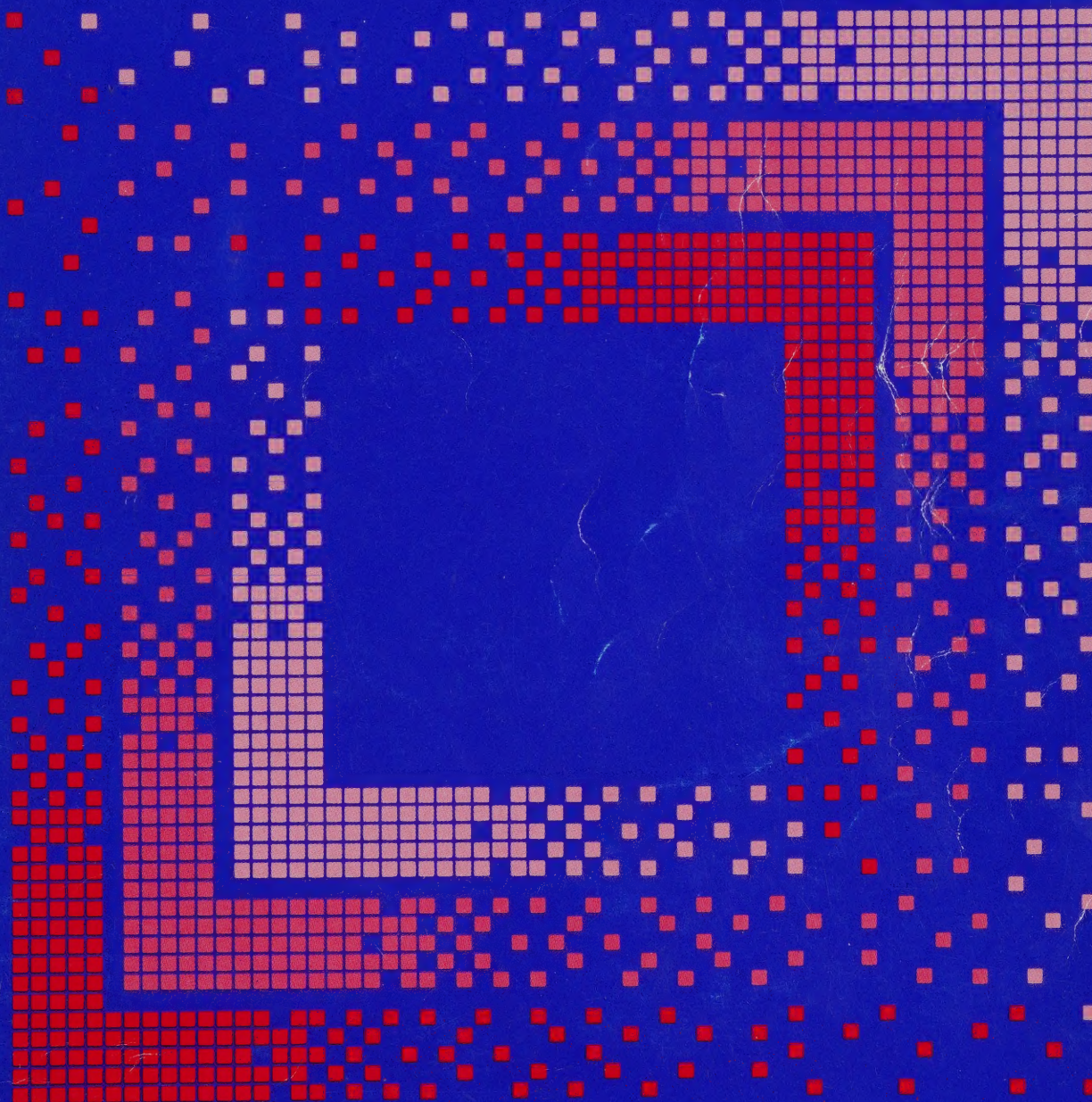
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*General Social Survey
Analysis Series,*

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*Health and Social Support,
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Housing, Family and
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Preface

The General Social Survey, a continuing program with a single survey cycle each year, has two principal objectives: first, to gather data on social trends in order to monitor changes in Canadian society over time, and second, to provide information on specific social issues of current or emerging interest.

The first cycle of the General Social Survey, which collected data during September and October 1985, concentrated on health and related lifestyles of the adult population, with a specific focus on social support available to the elderly. The present report presents initial analyses and findings based on this survey and includes comparisons with findings from the 1978-79 Canada Health Survey.

In recognition of the broad scope of data being produced by the General Social Survey, as well as the wide range of expected users from governments, universities, institutes, business, media and the general public, the project has placed particular emphasis on access to the survey data base. As a result, a public use microdata file has been available for this first round of the survey since the early part of 1987. Analyses based on this file are expected to start appearing shortly in print. One of the first will be a report, by Statistics Canada which focuses on social support and the elderly.

The present report was primarily written by the following individuals: Owen Adams (Sections 2.2, 2.4, 3.3, 3.5), Janet Hagey (Sections 4.1, 4.2), Gareth Jones (Introduction) and Ed Praught (Sections 2.1, 2.3, 3.1, 3.2, 3.4).

Ivan P. Fellegi
Chief Statistician



Acknowledgements

A project of the magnitude and scope of the General Social Survey involves the input of many people too numerous to mention in this report. All have played a part in making this report possible and their contribution is hereby acknowledged.

Nevertheless, as with most endeavours, some people make a particularly valuable contribution to a specific aspect or output of a project and this is the case for the present report. As a result, the following persons are mentioned for their contribution.

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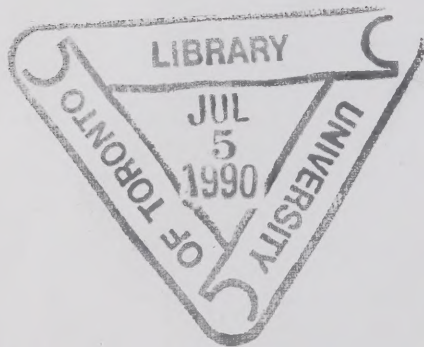


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CHAPTER 1

INTRODUCTION

1.1 HIGHLIGHTS OF THE REPORT

The first General Social Survey was carried out in September and October 1985, collecting information on health and related factors from 11,200 persons age 15 and older. The sample covered the non-institutionalized population of Canada; those aged 65 and older were over-sampled to increase the reliability of findings for this group. The data were gathered with telephone and face-to-face interviewing, with a response rate of approximately 85 percent.

The 1985 General Social Survey obtained information on the health status of persons 15 years of age and older, covering activity limitation, well-being and chronic health problems. Barriers and bridges to improving this status were also examined, including smoking, alcohol use and physical activity. In many cases, comparisons with the 1978 Canada Health Survey are possible. The first cycle of the General Social Survey also included a specific focus on older Canadians, covering support given and received, as well as social participation.

Barriers and bridges to improved health (chapter 2):

- More than half of the Canadian population either smoke regularly or are exposed to second-hand smoke in their own homes. Data from the General Social Survey show that while only three Canadians in ten smoke daily, there are over three million additional non-smoking adults who live with someone who smokes.
- Regular cigarette smoking continues to decline, but there was confirmation of two disturbing trends – large numbers of young women smoking regularly and additional evidence suggesting that regular cigarette smokers are smoking more.
- Sixty-three percent of the adult Canadian population can be classified as current drinkers. While this figure is approximately the same as the 65% reported in the 1978-79 Canada Health Survey, those who do drink are consuming less alcohol per week.
- Nearly three in ten adult Canadians are active enough to anticipate health benefits which may include additional years of life.

- Active Canadians describe themselves as happier than their sedentary counterparts. They also tend to adopt other good lifestyle practices (such as avoidance of both smoking and heavy drinking).
- Nine out of ten Canadians contacted at least one type of health professional (physician, nurse or dentist) during the 12 months prior to the General Social Survey. Physician consultation is the most frequent type of contact and was reported by eight out of ten persons.
- Lower income Canadians tend to consult a physician on a more frequent basis than those with higher incomes.

Current health status (chapter 3):

- Over 80% of Canadians rate their health as good or excellent. An even higher proportion (88%) express satisfaction with their health.
- Canadians in general report high levels of happiness, with less than one in twenty of the adult population reporting some level of unhappiness. Those groups most likely to report unhappiness are the elderly, widowed, separated/divorced and the unemployed.
- Nearly 40% of the Canadian population 20 years of age and older can be classified as having excessive weight. This compares with over 50% found in the 1978-79 Canada Health Survey.
- Fewer than one in ten Canadians report spending one or more illness-related days in bed in the two weeks prior to the General Social survey. Young people, 15-24 years of age, are the most likely to report bed-days, followed by those 75 years of age and older, but it is the elderly who report the greatest number of bed-days.
- More than one in five Canadians report having arthritis or rheumatism, which are the most prevalent chronic conditions. Women are one-half again as likely to report this condition as are men.
- Canadians who are obese, underweight, or who smoke are more likely to report a range of health problems than are those who are within recommended weight limits and are non-smokers.

- Those who combine smoking with heavy drinking are more likely to report health problems than those engaging in either of these lifestyle practices alone.

Support networks and social participation of the elderly (chapter 4):

- Most people 55 years of age and older living outside institutions feel they are able to carry out routine daily activities without assistance, such as light housework, grocery shopping, meal preparation, managing money and personal care. However, three in ten say that they require help or are unable to do yard work, while one in five report having trouble with or being unable to do heavy housework.
- Two out of three persons 65 years of age and older provide support to organizations or persons outside their own household, with one in three providing more than one kind of support. Over half the persons in this age group provide financial support to organizations or persons outside the household, while one in six babysit or provide transportation for others.
- Seniors who have many social activities report being happier and healthier than those with few activities, even when compared to those of similar health status.

1.2 OVERVIEW

OBJECTIVES

The General Social Survey was initiated by Statistics Canada in order to reduce gaps in the statistical information system, particularly in relation to socio-economic trends. Many of these gaps cannot be filled through existing data sources or vehicles because of the range or periodicity of the information required, or the lack of capacity of relevant vehicles. A similar demand for such data has brought about the introduction of general social surveys in many other countries including Australia, Japan, the Scandinavian nations, and the United Kingdom.

The General Social Survey has two principal objectives: first, to gather data on trends in Canadian society over time, and second, to provide information on specific policy issues of interest. To meet these objectives, the General Social Survey was established as a continuing program with a single survey cycle each year.

CONTENT

The General Social Survey (GSS) gathers a wide variety of data to meet different kinds of unmet needs involving a very broad spectrum of users. To achieve the objectives outlined above, the GSS has three components: Core, Focus, and Classification.

Core content is directed primarily at monitoring long-term social trends by measurement of temporal changes in living conditions and well-being. Main topics within Core content include health, education, social environment, and personal risk. As all Core content topics cannot be treated adequately in each survey cycle, a single cycle covers a specific topic, which recurs on a periodic basis. The Core content of the 1985 General Social Survey, the first cycle, is health.

Within a typical survey cycle, data on the status of the Canadian population in terms of the Core topic are collected, as well as data on factors which act as barriers and bridges to improving this status. Thus, in Cycle 1, data on health status measures such as activity limitation, well-being and chronic health problems were

collected, as well as data on smoking, alcohol use and physical activity – barriers and bridges to improving health status.

Focus content is aimed at meeting the second objective of the General Social Survey, namely to provide information touching directly on a specific policy issue or social problem, such as youth unemployment. In comparison to Core content, Focus is more specific to immediate policy issues. For the first cycle of the General Social Survey, Focus content concentrates on social support and the elderly.

Classification content provides the means of delineating population groups and is used in the analysis of Core and Focus data. Examples of classification variables are age, sex, education, and income.

In this report, data on barriers and bridges such as alcohol use, smoking, and physical activity are covered in Chapter 2, while health status measures such as activity limitation and well-being are discussed in Chapter 3. Chapter 4 presents findings related to social support and the elderly. Because of the broad scope of the survey, this report can only present an overview of the data collected and indicate the potential of the database. A public use microdata tape is available to facilitate further analysis. To purchase this tape or for further information, please contact:

General Social Survey,
Housing, Family and Social Statistics Division,
Statistics Canada,
Ottawa K1A 0T6.
(Telephone (613) 951-9180).

SAMPLE DESIGN

The target population of the 1985 General Social Survey consisted of all persons 15 years of age and older living in the ten provinces of Canada, with the exception of full-time residents of institutions. Two sample selection and interview methods were used to survey this population.

The population aged 15 to 64 was sampled using random digit dialing techniques and interviewed by telephone, thus excluding from the sample those persons living in households that did not have telephones. These households account for less than 3% of the target population.

Personal interviews were used for those aged 65 and over to increase the sample size over that which could be economically achieved using telephone techniques. Persons aged 65 and above were selected from households previously surveyed for the Labour Force Survey. Only one respondent was selected per household. The Labour Force Survey excludes persons living on Indian Reserves and full-time members of the Armed Forces, as well as residents in institutions, the Yukon and Northwest Territories, who were also excluded in the telephone operation. All these exclusions constitute less than 3% of the target population.

The total sample size of approximately 13,000 persons for both telephone and personal interview is large enough to allow extensive analysis at the national level, some analysis at a regional level, and limited analysis at a provincial level. The telephone component sample was allocated to provinces in proportion to the square roots of their population sizes, and to strata within provinces in proportion to their populations.

DATA COLLECTION

Data collection by both interview methods took place in September and October, 1985. Data were collected from 8,070 respondents aged 15 to 64 by telephone and from 3,130 respondents aged 65 and over through personal interviews. There were 2,095 non-responses, for a total sample size of 13,295. Copies of the questionnaires used are shown in Appendix I.

For the telephone component, a screening form was used to ensure that the telephone number reached belonged to an eligible household, to record some demographic data for each household member (age, sex, marital status and relationship to a reference person) and to randomly select a respondent aged 15-64. A questionnaire composed of the Core content questions and a small subset of the Focus content questions was then administered if the respondent was aged 15-54; respondents aged between 55 and 64 were asked all Core and Focus questions. No proxy responses to the questionnaire were accepted.

For the personal interview component, the interviewer contacted the household of the selected person and, after verifying that the respondent was 65 years old or older, arranged to conduct the interview at a convenient time. Interviews were conducted in person and no proxy responses were accepted.

DATA PROCESSING AND ESTIMATION

Data capture personnel in the Statistics Canada regional offices keyed data directly from the survey questionnaires into minicomputers. These data were then transmitted electronically to Ottawa. All survey records were subjected to an extensive computer edit. Partial non-responses, flow pattern errors and abnormally high or low responses were identified. Missing or incorrect data were recoded as "unknown" or, in a very few cases, imputed from other areas in the same questionnaire.

Each person in a probability sample can be considered to represent a number of others in the surveyed population. In recognition of this, and utilizing sample design information, each survey record was assigned a weight that reflected the number of individuals in the population that the record represented. These weights were adjusted for non-response and for the differences between the target population and the surveyed population using population counts for the target population. The estimates presented in this report were calculated using the adjusted weights.

DATA LIMITATIONS

It is important to recognize that the figures which appear in this report are estimates based on data collected from a small fraction of the population (roughly one person in 2,000) and are subject to error. The error can be divided into two components: sampling error and non-sampling error.

Sampling error is the difference between an estimate derived from the sample and the one that would have been obtained from a census that used the same procedures to collect data from every person in the population. The size of the sampling error can be estimated from the survey results and an indication of the magnitude of this error is given for the estimates in this report. Figure A shows the relationship between the size of an estimate and its sampling error (expressed as the coefficient of variation: the ratio of the standard deviation to the estimate). If the estimated sampling error is greater than 33% of the estimate, it is considered too unreliable to publish and the symbol '--' is printed in table cells where this occurs. In terms of figure A, all estimates below point (A) on the population estimate axis fall into this "unreliable" category. Where the estimated error is between 16.5% and 33%, the related estimate in a table is highlighted by a '*'. Caution should be observed when using these highlighted estimates to support a conclusion. All estimates between points (A) and (B) on the population axis of figure A fall into this "qualified" category.

All the other types of error: coverage, response, processing, and non-response, are non-sampling errors. Many of these errors are difficult to identify and quantify.

Coverage errors arise when there are differences between the target population and the surveyed population. Households without telephones for the telephone component, and Indian Reserves and full-time members of the Armed Forces for the personal interview component represent parts of the target population that were excluded from the surveyed one. To the extent that the exclusions differ from the rest of the target population, the estimates will be biased. Since these exclusions are small, one would expect the biases introduced to be small. However, since there are correlations between a number of questions asked on this survey and the groups excluded, the biases may be more significant than the small size of the groups would suggest. When interpreting the data presented in this report, it should not be forgotten that the target population for the survey does not cover all persons 15 years and older residing in the ten provinces. The main difference arises from the

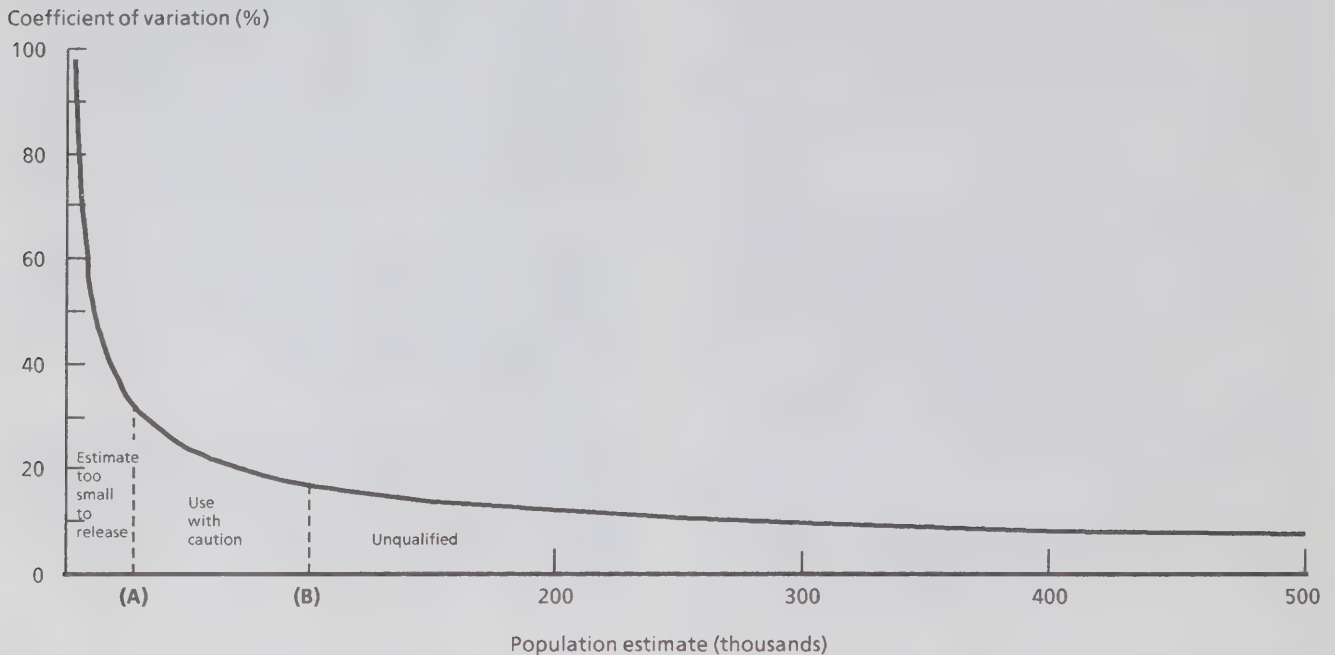
exclusion of the institutionalized population. This difference is largest for persons 65 years and older, where it approaches 9% of this age group.

In a similar way, to the extent that the non-responding households and persons differ from the rest of the sample, the estimates will be biased. The overall response rate for the telephone component was 83.4%. For the personal interview component, the response rate was 86.5%. Non-response could occur at several stages in this survey. In the telephone component, there were two stages of information collection: at the household level and at the individual level. As can be seen in Figure B, about two-thirds of the non-response to this component occurred at the household level. Non-response also occurs at the level of individual questions. For most questions the response rate was high and in tables the non-responses appear under the heading "unknown".

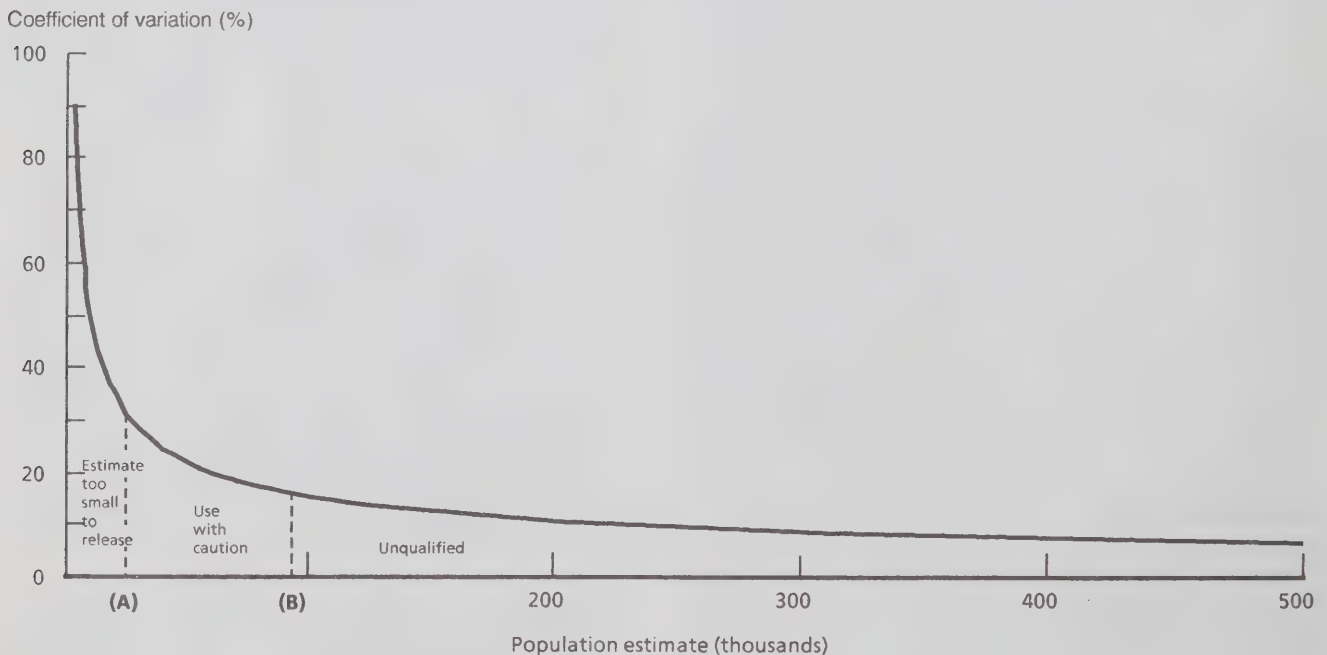
While refusal to answer specific questions was very low, accuracy of recall and ability to answer some questions completely can be expected to affect some of the results presented in the subsequent chapters. Awareness of exact question wording (Appendix I) will help the reader interpret the survey results.

Figure A
Estimated Sampling Variability by Size of Estimate, Canada

(a) Persons 15 Years of Age and Over



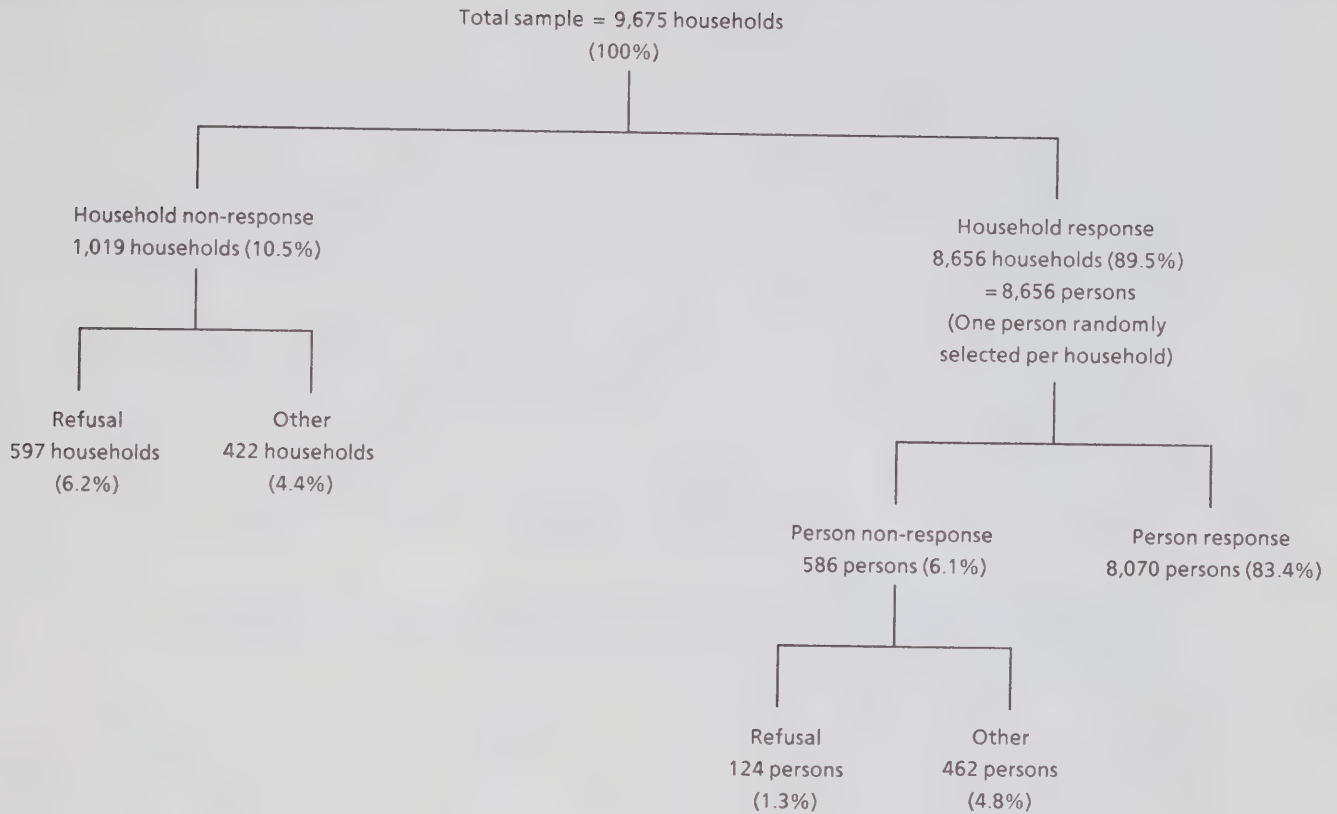
(b) Persons 55 Years of Age and Over



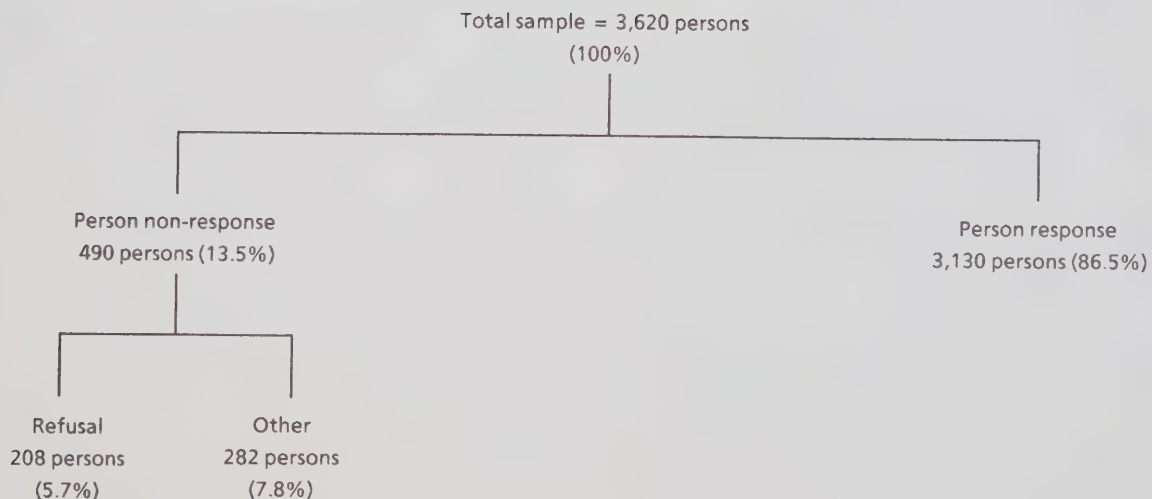
Note: Only coefficients of variation (c.v.) applicable to estimates for Canada as whole are shown in figures (a) and (b). The difference between the true population size and the estimated population size (expressed as a percentage of the estimate) will be less than the c.v. 65% of the time, less than twice the c.v. 95% of the time and less than three times the c.v. 99% of the time. For estimates that include only persons aged 55 and over, use figure (b), while for estimates that include some people younger than 55, use figure (a).

Figure B
Response Magnitudes and Rates

Telephone Component: (ages 15-64)



Personal Interview Component: (ages 65 +)



Note: Information on household coverage of the population by the personal interview component can be found in Appendix II.

CHAPTER 2

BARRIERS AND BRIDGES TO IMPROVED HEALTH

2.1 SMOKING

HIGHLIGHTS

- More than 50% of the Canadian population either smoke regularly or are exposed to second hand smoke in their own households.
- 33% of males and 28% of females smoke cigarettes regularly. Both proportions show a decline of less than one percent from those observed in 1983.
- Young women are more likely to be regular cigarette smokers than their male counterparts. This is contrary to the finding that more males than females smoke regularly from age 25 onward.
- Smoking and education are inversely related.

METHODS

The ten questions dealing with smoking are contained in Section G (#53-62) of the General Social Survey Questionnaire. These questions have seen widespread use, most notably in the Labour Force Survey supplements 'Smoking Habits Surveys',¹ and in the Canada Health Survey.² Change over time can therefore be measured. Caution should be exercised when making comparisons with the Labour Force Survey supplements though, as the General Social Survey is non-proxy while the Labour Force Survey accepts proxy responses which have been shown to result in lower estimates especially with the younger age groups.^{3,4} The most significant change from previous surveys was the formulation of an additional question dealing with other household members who smoke regularly. Its intent was to obtain estimates for non-smoking household members exposed to second-hand smoke, an issue currently receiving attention. All estimates presented are for the population 15 years of age and older.

The following classification is used to describe smoking behaviour:

- (a) Regular smokers are those who reported smoking cigarettes daily.
- (b) Regular pipe, cigar, cigarillo smokers are those who reported that they smoke these items daily but who do not smoke cigarettes daily.

- (c) Occasional cigarette smokers smoke cigarettes occasionally (not every day) and do not smoke pipes etc. on a daily basis.
- (d) Former smokers are those who reported that they do not now smoke cigarettes, pipes, etc. but who used to smoke cigarettes daily.
- (e) Never cigarette smokers are those who have never smoked cigarettes daily.

These latter two groups are sometimes referred to as non-smokers in the following discussion.

RESULTS

Table (1) presents the results of type of smoker by age and sex and for regular smokers, number of cigarettes per day. Overall, 30% of the population smoke cigarettes regularly, 4% smoke cigarettes occasionally, 21% are former smokers, 42% never smoked cigarettes daily and 1% smoke pipes, cigars or cigarillos daily.

Males are more likely to be regular smokers (33%) than are females (28%) at every age except 15-19 and 20-24 years old. Men are not only more likely to be regular smokers but also tend to be heavier smokers – 6% of males smoke 26 or more cigarettes per day – three times the rate of females. These sex differentials widen with increasing age.

The proportion of the population who smoke regularly and the amount smoked by regular smokers peak at different ages. The 20-24 year age group is found to have the highest proportion of regular cigarette smokers at 35% while it is in the 45-54 year age group where the largest percentage (8%) of those smoking 26 or more cigarettes per day is found (data not shown separately for 45-54 year age group).

The trends observed for regular smokers go a long way to explain the trends observed for never and former smokers. Males are much more likely to have been a former smoker than are females at every age with the exception of the youngest age group (15-24) where former smoking females are found to marginally outnumber men. The proportion of former smokers increases with age.

A larger proportion of females than males have never smoked. The only age group where this is not true is for the 15-24 year age group. The sex differential peaks in the eldest age group where females are over three times as likely to be never-smokers as are males.

Regions

Table 2 presents data on type of smoker by region. Text table A summarizes these findings for regular cigarette smokers. Quebec has the highest proportion of its population smoking regularly at 36%. The Atlantic has the next

highest proportion with 33%. The rank ordering of the other regions is: the Prairies (31%), Ontario (27%) and British Columbia (27%). This order shows little variation by age or sex. The most notable divergence is among seniors in British Columbia, which has the second highest proportion of any region smoking regularly at this age (19%).

TEXT TABLE A.

Proportion of Population who are Regular Cigarette Smokers by Region by Sex and Age Group, Canada, 1985

	Canada	Atlantic	Quebec	Ontario	Prairies	British Columbia
Both sexes						
All age groups	30	33	36	27	31	27
15-19	20	22	29	13 *	26	--
20-24	35	40	41	31	32	35
25-44	34	38	39	32	35	28
45-64	32	34	36	29	31	32
65 years and over	18	18	21	17	18	19
Male						
All age groups	33	37	40	29	32	28
15-19	20	27 *	23 *	18 *	23 *	--
20-24	32	45	39 *	26	27	31 *
25-44	38	40	43	36	38	33
45-64	36	42	48	28	33	31
65 years and over	23	21	29 *	18 *	21	26 *
Female						
All age groups	28	29	31	26	29	25
15-19	21	16 *	35 *	--	29 *	--
20-24	38	35	43	35	38	40 *
25-44	31	36	36	28	32	23
45-64	29	27	25	30	29	32
65 years and over	15	15	14 *	15 *	15	14 *

The tendency for young women (15-24 year age group) to smoke more than their male counterparts holds true for all regions with the exception of the Atlantic. The greatest difference between the sexes in youth smoking behaviour is observed in British Columbia, where almost twice as many young women smoke as do men (31%* vs 17%*). British Columbia has another notable distinction. Although it has the lowest smoking prevalence, it has the highest proportion of smokers smoking over 25 cigarettes per day (data not shown).

Education

Education and smoking show a strong association, those with lower education being more likely to smoke regularly. Table 3 provides these data. As education increases, the proportion of

the population smoking regularly decreases – 34% of those with secondary or less education smoke regularly as compared to 34% of those who have graduated from secondary school, 28% of those with some postsecondary and 23% of those with a degree or diploma. These observations are the opposite of what is seen for non-smokers. Generally, those with higher education are not as likely to have started and are more likely to have stopped.

Smoking by other members of the Household

Fifty one percent of the adult population either smoke regularly themselves or are exposed to second-hand smoke in their own household (Table 4). This translates into over 10 million Canadians. It would also appear that the smoking habits of

other household members have some influence on the smoking behaviour of the respondent – 23% of those who live in a household with only non-smokers smoke regularly themselves; this rate rises to 47% when one other household member smokes, drops to 40% when two other household members smoke and then rises to 62% when at least three other household members smoke.

DISCUSSION

The trends observed by the General Social Survey are similar to those demonstrated by other recent surveys investigating this lifestyle practice. The estimate of the population currently smoking cigarettes at 34% (regular & occasional) agrees very closely with the Gallup poll⁵ estimates of 35% taken in May 1986 and the estimate of 35% from the 1985 Health Promotion Survey.⁶ The estimate of the population who currently smoke regularly (30%) also agrees very closely with the 31.1% from the 1983 Labour Force Survey Supplement on Smoking Habits⁷ and is in line with the overall trend of a decrease in regular cigarette smoking observed over the last decade and one-half.⁸ Figure C contrasts rates from the General Social Survey and the 1978/79 Canada Health Survey.

Offsetting this overall decline in regular cigarette smoking is a reaffirmation of two recent disturbing trends – the large numbers of young women smoking regularly and additional evidence suggesting that regular cigarette smokers are smoking more.

The 1978-79 Canada Health Survey and the 1983 Smoking Habits Survey found virtually identical proportions of men and women smoking regularly in the 15-24 year age group. This is in sharp contrast to what is observed in all other age groups where the number of men smoking regularly greatly exceeds the number of women. There is some evidence from the General Social

Survey that this gap is widening as 30% of females in this age group reported smoking regularly as compared to 26% of males. British Columbia shows the most striking change from the 1983 statistics. The proportion of young women smoking regularly now is approaching twice that observed for their male counterparts.

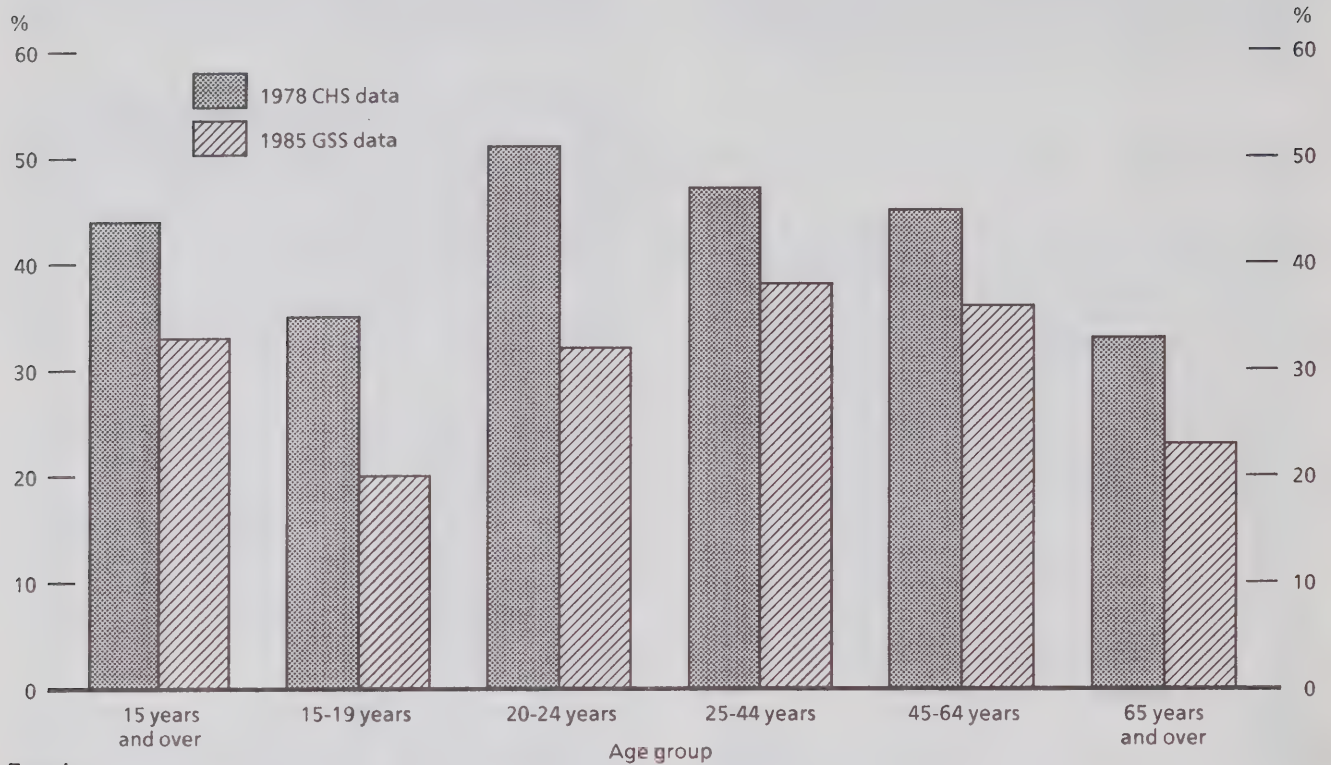
Comparing the numbers of cigarettes smoked each day with those of the 1983 Smoking Habit Survey, suggests there is a small increase in the number of cigarettes being smoked per day by regular cigarette smokers. The 1983 Survey determined that 12.6% of regular cigarette smokers smoked 26 or more cigarettes per day as compared to the 14% observed in the General Social Survey. This finding is in keeping with the trend established between 1970 and 1983 where there is some evidence of regular cigarette smokers smoking more.

The General Social Survey has found that 62% of those who live in a household where three or more members smoke regularly also smoke regularly themselves. Although this observation must be qualified to some extent as number of household smokers and household size are related, there is potential support for the claim that other household members have an influence on an individual's smoking habits.

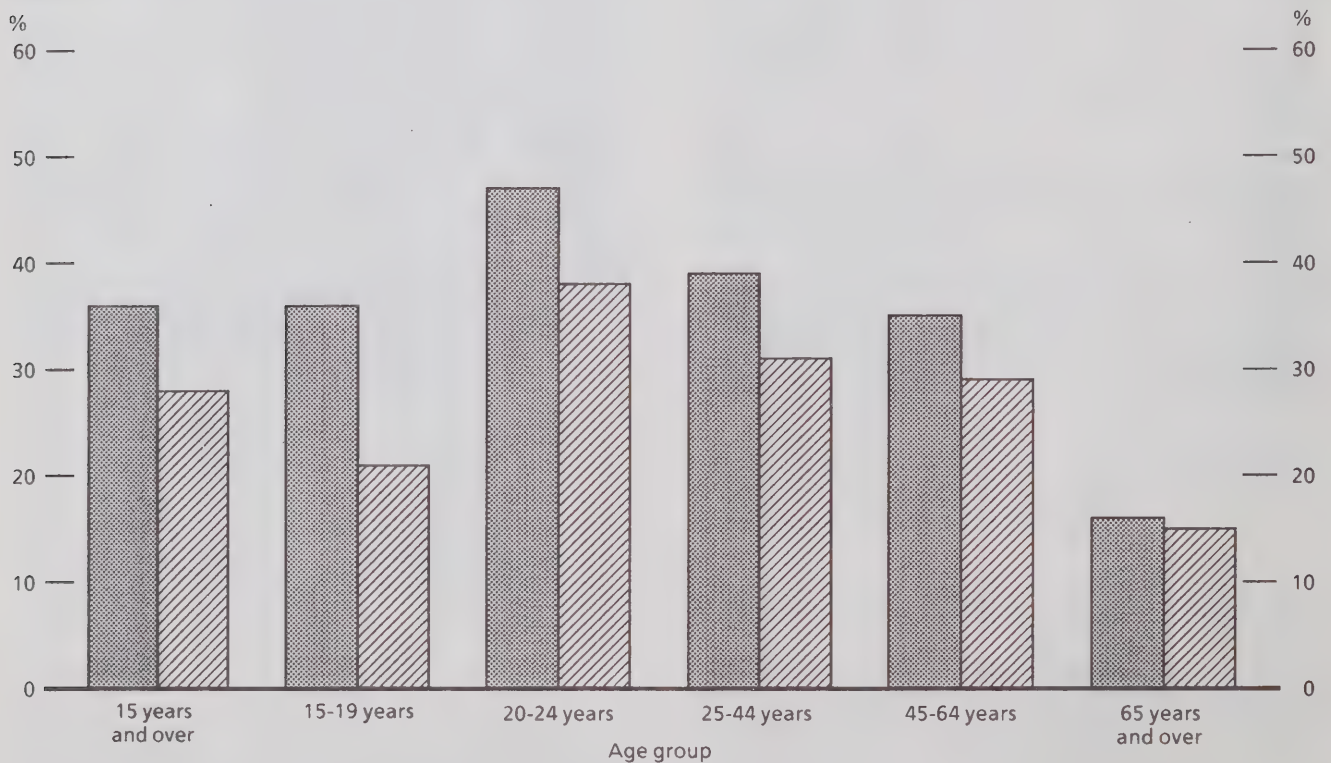
Of emerging concern in recent years is the effect of second-hand smoke. Evidence is accumulating on the harmful effects of second-hand smoke on the non-smoker. The United States Surgeon-General has concluded that involuntary smoking causes disease, including lung cancer; that children of parents who smoke face increased risks for respiratory disease; and that simple separation of smokers and non-smokers within the same air space may reduce, but does not eliminate, exposure of non-smokers to environmental tobacco smoke.⁹ The General Social Survey has found that over 3.7 million non-smoking adult Canadians are exposed to second hand smoke by other members of the household. If children were included, this number would be substantially larger.

Figure C
Percentage of Regular Cigarette Smokers in the Population 15 Years of Age and Over
by Sex and Age Group, Canada, 1978 and 1985

Males



Females



Note: Data for 1978 are those of 1978/79 Canada Health Survey, Text Table IV, pg 48 of Note 2.

NOTES

- 1 Health and Welfare Canada. Smoking Behaviour of Canadians, 1983. Minister of Supply and Services Canada 1985. Cat. No. 1439-66/1985E.
- 2 Health and Welfare Canada and Statistics Canada. The Health of Canadians: Report of the Canada Health Survey. Cat. 82-538. Ottawa. Minister of Supply and Services Canada, 1981.
- 3 Millar, W.J. Self-reported Smoking Prevalence in Canada, 1983. Chronic Diseases in Canada, 1985, Vol. 6: (1):6.
- 4 Millar, W.J. Smoking prevalence Among Canadian Adolescents: A Comparison of Survey Estimates. Canadian Journal of Public Health, 1985; 76:33-37.
- 5 Gallup poll. Report on Smoking, June 1986.
- 6 Health and Welfare Canada, Technical Report of Canada's Health Promotion Survey. R. Warren, T. Stephens and I. Rootman (editors). Ottawa Health and Welfare Canada (in press).
- 7 Health and Welfare Canada, op. cit.
- 8 For a more in-depth analysis of recent trends see: Rodgers, B., Collishaw, N. Recent trends in Canadian Smoking Rates. 1981-86. Chronic Diseases in Canada, Dec., 1986.
- 9 U.S. Department of Health and Human Services. Public Health Service. The Health Consequences of Involuntary Smoking - A Report of the Surgeon-General. Washington, 1986.

TABLE 1
Population 15 Years of Age and Over by Type of Smoker and Number of Cigarettes Smoked Daily
by Age Group and Sex, Canada, 1985

Age group and sex		Type of smoker										Type of smoker not stated
		Total	Never smoked	Former smoker	Pipe or cigar	Occasional smoker	Regular smoker by Number of cigarettes/Day					
							Total	1-10	11-25	26 or over	Not stated	
in thousands												
All age groups												
Both sexes	No.	19,668	8,317	4,051	261	854	5,985	1,110	4,029	838	--	201
	%	100	42	21	1	4	30	6	20	4	--	1
Male	No.	9,649	3,275	2,409	246	422	3,196	443	2,161	589	--	101
	%	100	34	25	3	4	33	5	22	6	--	1
Female	No.	10,019	5,042	1,641	--	433	2,789	667	1,868	249	--	100 *
	%	100	50	16	--	4	28	7	19	2	--	1 *
15-19 years												
Both sexes	No.	1,938	1,271	114	--	124	391	126	255	--	--	38 *
	%	100	66	6	--	6	20	7	13	--	--	2 *
Male	No.	993	658	56 *	--	60 *	194	50 *	134	--	--	--
	%	100	66	6 *	--	6 *	20	5 *	13	--	--	--
Female	No.	945	613	57 *	--	64 *	197	76 *	121	--	--	--
	%	100	65	6 *	--	7 *	21	8 *	13	--	--	--
20-24 years												
Both sexes	No.	2,359	1,080	227	--	162	826	161	616	47 *	--	41 *
	%	100	46	10	--	7	35	7	26	2 *	--	2 *
Male	No.	1,193	589	105	--	81 *	384	62 *	297	--	--	--
	%	100	49	9	--	7 *	32	5 *	25	--	--	--
Female	No.	1,166	491	122	--	81 *	442	99 *	319	--	--	30 *
	%	100	42	10	--	7 *	38	8 *	27	--	--	3 *
25-44 years												
Both sexes	No.	8,061	3,087	1,673	121	349	2,767	427	1,895	444	--	63 *
	%	100	38	21	2	4	34	5	24	6	--	1 *
Male	No.	4,021	1,296	858	114	191	1,529	200	1,038	290	--	33 *
	%	100	32	21	3	5	38	5	26	7	--	1 *
Female	No.	4,039	1,791	815	--	159	1,239	227	857	153	--	29 *
	%	100	44	20	--	4	31	6	21	4	--	1 *
45-64 years												
Both sexes	No.	4,838	1,709	1,287	78 *	158	1,550	270	989	291	--	56 *
	%	100	35	27	2 *	3	32	6	20	6	--	1 *
Male	No.	2,376	508	864	71 *	56 *	847	77 *	542	229	--	30 *
	%	100	21	36	3 *	2 *	36	3 *	23	10	--	1 *
Female	No.	2,461	1,201	423	--	102	703	193	447	62 *	--	26 *
	%	100	49	17	--	4	29	8	18	3 *	--	1 *
65 years and over												
Both sexes	No.	2,472	1,171	750	38 *	60 *	450	126	273	47 *	--	--
	%	100	47	30	2 *	2 *	18	5	11	2 *	--	--
Male	No.	1,065	224	526	38 *	33 *	242	55 *	150	36 *	--	--
	%	100	21	49	4 *	3 *	23	5 *	14	3 *	--	--
Female	No.	1,407	947	224	--	27 *	208	72 *	124	--	--	--
	%	100	67	16	--	2 *	15	5 *	9	--	--	--

TABLE 2
Population 15 Years of Age and Over by Type of Smoker by Age Group and Sex, Canada and Regions, 1985

Region, age group and sex		Type of smoker						
		Total	Regular smoker	Occasional smoker	Pipe or cigar	Never smoked	Former smoker	Not stated
in thousands								
CANADA								
All age groups								
Both sexes	No.	19,668	5,985	854	261	8,317	4,051	201
	%	100	30	4	1	42	21	1
Male	No.	9,649	3,196	422	246	3,275	2,409	101
	%	100	33	4	3	34	25	1
Female	No.	10,019	2,789	433	--	5,042	1,641	100 *
	%	100	28	4	--	50	16	1 *
15-19 years								
Both sexes	No.	1,938	391	124	--	1,271	114	38 *
	%	100	20	6	--	66	6	2 *
Male	No.	993	194	60 *	--	658	56 *	--
	%	100	20	6 *	--	66	6 *	--
Female	No.	945	197	64 *	--	613	57 *	--
	%	100	21	7 *	--	65	6 *	--
20-24 years								
Both sexes	No.	2,359	826	162	--	1,080	227	41 *
	%	100	35	7	--	46	10	2 *
Male	No.	1,193	384	81 *	--	589	105	--
	%	100	32	7 *	--	49	9	--
Female	No.	1,166	442	81 *	--	491	122	30 *
	%	100	38	7 *	--	42	10	3 *
25-44 years								
Both sexes	No.	8,061	2,767	349	121	3,087	1,673	63 *
	%	100	34	4	2	38	21	1 *
Male	No.	4,021	1,529	191	114	1,296	858	33 *
	%	100	38	5	3	32	21	1 *
Female	No.	4,039	1,239	159	--	1,791	815	29 *
	%	100	31	4	--	44	20	1 *
45-64 years								
Both sexes	No.	4,838	1,550	158	78 *	1,709	1,287	56 *
	%	100	32	3	2 *	35	27	1 *
Male	No.	2,376	847	56 *	71 *	508	864	30 *
	%	100	36	2 *	3 *	21	36	1 *
Female	No.	2,461	703	102	--	1,201	423	26 *
	%	100	29	4	--	49	17	1 *
65 years and over								
Both sexes	No.	2,472	450	60 *	38 *	1,171	750	--
	%	100	18	2 *	2 *	47	30	--
Male	No.	1,065	242	33 *	38 *	224	526	--
	%	100	23	3 *	4 *	21	49	--
Female	No.	1,407	208	27 *	--	947	224	--
	%	100	15	2 *	--	67	16	--

TABLE 2
Population 15 Years of Age and Over by Type of Smoker by Age Group and Sex, Canada and Regions, 1985 – Continued

Region, age group and sex		Type of smoker						
		Total	Regular smoker	Occasional smoker	Pipe or cigar	Never smoked	Former smoker	Not stated
in thousands								
Atlantic								
All age groups								
Both sexes	No.	1,751	575	81	27 *	664	366	39
	%	100	33	5	2 *	38	21	2
Male	No.	864	322	38	25 *	249	214	17 *
	%	100	37	4	3 *	29	25	2 *
Female	No.	887	253	42	--	416	152	22 *
	%	100	29	5	--	47	17	2 *
15-19 years								
Both sexes	No.	200	44	11 *	--	119	14 *	13 *
	%	100	22	6 *	--	60	7 *	6 *
Male	No.	104	28 *	9 *	--	58	--	--
	%	100	27 *	9 *	--	56	--	--
Female	No.	96	16 *	--	--	61	10 *	--
	%	100	16 *	--	--	63	10 *	--
20-24 years								
Both sexes	No.	229	92	17 *	--	87	23 *	9 *
	%	100	40	8 *	--	38	10 *	4 *
Male	No.	115	52	--	--	39	11 *	--
	%	100	45	--	--	33	9 *	--
Female	No.	114	40	11 *	--	48	12 *	--
	%	100	35	9 *	--	42	11 *	--
25-44 years								
Both sexes	No.	698	264	34 *	14 *	230	143	14 *
	%	100	38	5 *	2 *	33	21	2 *
Male	No.	349	138	14 *	12 *	103	75	--
	%	100	40	4 *	3 *	29	21	--
Female	No.	349	125	19 *	--	127	69	--
	%	100	36	6 *	--	36	20	--
45-64 years								
Both sexes	No.	391	135	11 *	--	122	114	--
	%	100	34	3 *	--	31	29	--
Male	No.	193	82	--	--	30 *	74	--
	%	100	42	--	--	16 *	38	--
Female	No.	198	53	--	--	92	41	--
	%	100	27	--	--	47	20	--
65 years and over								
Both sexes	No.	232	41	7 *	7 *	106	71	--
	%	100	18	3 *	3 *	46	31	--
Male	No.	103	21 *	--	7 *	19	51	--
	%	100	21 *	--	7 *	18	49	--
Female	No.	129	19	--	--	87	21 *	--
	%	100	15	--	--	67	16 *	--

TABLE 2
Population 15 Years of Age and Over by Type of Smoker by Age Group and Sex, Canada and Regions, 1985 – Continued

Region, age group and sex		Type of smoker						
		Total	Regular smoker	Occasional smoker	Pipe or cigar	Never smoked	Former smoker	Not stated
in thousands								
Quebec								
All age groups								
Both sexes	No.	5,163	1,836	178	68 *	1,880	1,165	37 *
	%	100	36	3	1 *	36	23	1 *
Male	No.	2,514	1,017	91 *	61 *	655	672	--
	%	100	40	4 *	2 *	26	27	--
Female	No.	2,649	819	87 *	--	1,226	493	--
	%	100	31	3 *	--	46	19	--
15-19 years								
Both sexes	No.	485	142	--	--	278	32 *	--
	%	100	29	--	--	57	7 *	--
Male	No.	248	58 *	--	--	156	--	--
	%	100	23 *	--	--	63	--	--
Female	No.	237	84 *	--	--	122 *	--	--
	%	100	35 *	--	--	51 *	--	--
20-24 years								
Both sexes	No.	620	253	37 *	--	235	77 *	--
	%	100	41	6 *	--	38	12 *	--
Male	No.	314	123 *	--	--	132	--	--
	%	100	39 *	--	--	42	--	--
Female	No.	306	131	--	--	103 *	47 *	--
	%	100	43	--	--	34 *	15 *	--
25-44 years								
Both sexes	No.	2,181	856	77 *	--	681	529	--
	%	100	39	4 *	--	31	24	--
Male	No.	1,086	467	56 *	--	270	265	--
	%	100	43	5 *	--	25	24	--
Female	No.	1,095	389	--	--	411	265	--
	%	100	36	--	--	38	24	--
45-64 years								
Both sexes	No.	1,286	463	34 *	--	402	360	--
	%	100	36	3 *	--	31	28	--
Male	No.	621	298	--	--	62 *	230	--
	%	100	48	--	--	10 *	37	--
Female	No.	665	165	--	--	340	130	--
	%	100	25	--	--	51	20	--
65 years and over								
Both sexes	No.	592	122	--	--	284	166	--
	%	100	21	--	--	48	28	--
Male	No.	246	72 *	--	--	34 *	124	--
	%	100	29 *	--	--	14 *	50	--
Female	No.	346	50 *	--	--	250	42 *	--
	%	100	14 *	--	--	72	12 *	--

TABLE 2
Population 15 Years of Age and Over by Type of Smoker by Age Group and Sex, Canada and Regions, 1985 – Continued

Region, age group and sex		Type of smoker						
		Total	Regular smoker	Occasional smoker	Pipe or cigar	Never smoked	Former smoker	Not stated
in thousands								
Ontario								
All age groups								
Both sexes	No.	7,133	1,942	313	104 *	3,360	1,345	70 *
	%	100	27	4	1 *	47	19	1 *
Male	No.	3,480	1,004	170	103 *	1,323	847	31 *
	%	100	29	5	3 *	38	24	1 *
Female	No.	3,653	938	142	--	2,037	497	38 *
	%	100	26	4	--	56	14	1 *
15-19 years								
Both sexes	No.	695	94 *	51 *	--	511	35 *	--
	%	100	13 *	7 *	--	74	5 *	--
Male	No.	356	65 *	--	--	237	--	--
	%	100	18 *	--	--	67	--	--
Female	No.	339	--	--	--	274	--	--
	%	100	--	--	--	81	--	--
20-24 years								
Both sexes	No.	844	257	40 *	--	453	73 *	--
	%	100	31	5 *	--	54	9 *	--
Male	No.	428	113	--	--	251	34 *	--
	%	100	26	--	--	59	8 *	--
Female	No.	416	145	--	--	202	39 *	--
	%	100	35	--	--	49	9 *	--
25-44 years								
Both sexes	No.	2,847	902	139	56 *	1,246	488	--
	%	100	32	5	2 *	44	17	--
Male	No.	1,407	502	82 *	55 *	521	241	--
	%	100	36	6 *	4 *	37	17	--
Female	No.	1,440	400	57 *	--	725	247	--
	%	100	28	4 *	--	50	17	--
45-64 years								
Both sexes	No.	1,833	537	55 *	37 *	695	483	--
	%	100	29	3 *	2 *	38	26	--
Male	No.	901	253	--	37 *	222	357	--
	%	100	28	--	4 *	25	40	--
Female	No.	933	284	40 *	--	473	126	--
	%	100	30	4 *	--	51	14	--
65 years and over								
Both sexes	No.	915	152	--	--	455	266	--
	%	100	17	--	--	50	29	--
Male	No.	389	71 *	--	--	92 *	196	--
	%	100	18 *	--	--	24 *	50	--
Female	No.	526	81 *	--	--	363	70 *	--
	%	100	15 *	--	--	69	13 *	--

TABLE 2
Population 15 Years of Age and Over by Type of Smoker by Age Group and Sex, Canada and Regions, 1985 – Continued

Region, age group and sex		Type of smoker						
		Total	Regular smoker	Occasional smoker	Pipe or cigar	Never smoked	Former smoker	Not stated
in thousands								
Prairies								
All age groups								
Both sexes	No.	3,350	1,024	152	35 *	1,442	660	36 *
	%	100	31	5	1 *	43	20	1 *
Male	No.	1,672	535	67	34 *	609	407	20 *
	%	100	32	4	2 *	36	24	1 *
Female	No.	1,679	489	85	--	833	253	17 *
	%	100	29	5	--	50	15	1 *
15-19 years								
Both sexes	No.	348	90	19 *	--	214	19 *	--
	%	100	26	6 *	--	62	5 *	--
Male	No.	178	42 *	--	--	119	--	--
	%	100	23 *	--	--	67	--	--
Female	No.	170	49 *	--	--	95	16 *	--
	%	100	29 *	--	--	56	9 *	--
20-24 years								
Both sexes	No.	420	136	35 *	--	203	29 *	--
	%	100	32	8 *	--	48	7 *	--
Male	No.	211	57	18 *	--	107	20 *	--
	%	100	27	9 *	--	51	10 *	--
Female	No.	209	78	17 *	--	96	--	--
	%	100	38	8 *	--	46	--	--
25-44 years								
Both sexes	No.	1,411	491	56	--	545	292	--
	%	100	35	4	--	39	21	--
Male	No.	718	271	24 *	--	232	167	--
	%	100	38	3 *	--	32	23	--
Female	No.	693	220	32 *	--	313	126	--
	%	100	32	5 *	--	45	18	--
45-64 years								
Both sexes	No.	761	234	33 *	--	289	189	--
	%	100	31	4 *	--	38	25	--
Male	No.	379	126	--	--	110	124	--
	%	100	33	--	--	29	33	--
Female	No.	381	109	21 *	--	180	65	--
	%	100	29	6 *	--	47	17	--
65 years and over								
Both sexes	No.	411	73	--	--	191	131	--
	%	100	18	--	--	47	32	--
Male	No.	185	39	--	--	41	94	--
	%	100	21	--	--	22	51	--
Female	No.	226	33	--	--	150	37	--
	%	100	15	--	--	67	17	--

TABLE 2
Population 15 Years of Age and Over by Type of Smoker by Age Group and Sex, Canada and Regions, 1985 - Concluded

Region, age group and sex		Type of smoker						
		Total	Regular smoker	Occasional smoker	Pipe or cigar	Never smoked	Former smoker	Not stated
in thousands								
British Columbia								
All age groups								
Both sexes	No.	2,270	609	131	26 *	970	515	--
	%	100	27	6	1 *	43	23	--
Male	No.	1,119	318	55 *	24 *	440	269	--
	%	100	28	5 *	2 *	39	24	--
Female	No.	1,151	291	76 *	--	531	246	--
	%	100	25	7 *	--	46	21	--
15-19 years								
Both sexes	No.	210	--	--	--	149	--	--
	%	100	--	--	--	71	--	--
Male	No.	107	--	--	--	88	--	--
	%	100	--	--	--	82	--	--
Female	No.	102	--	--	--	61	--	--
	%	100	--	--	--	59	--	--
20-24 years								
Both sexes	No.	247	88	32 *	--	102	25 *	--
	%	100	35	13 *	--	41	10 *	--
Male	No.	125	39 *	--	--	61 *	--	--
	%	100	31 *	--	--	48 *	--	--
Female	No.	122	49 *	--	--	41 *	--	--
	%	100	40 *	--	--	34 *	--	--
25-44 years								
Both sexes	No.	924	255	43 *	--	386	220	--
	%	100	28	5 *	--	42	24	--
Male	No.	461	151	--	--	170	111	--
	%	100	33	--	--	37	24	--
Female	No.	462	104	29 *	--	216	109	--
	%	100	23	6 *	--	47	24	--
45-64 years								
Both sexes	No.	566	181	25 *	--	200	141	--
	%	100	32	4 *	--	35	25	--
Male	No.	282	89	--	--	83 *	80 *	--
	%	100	31	--	--	30 *	28 *	--
Female	No.	284	92	--	--	117	61 *	--
	%	100	32	--	--	41	22 *	--
65 years and over								
Both sexes	No.	323	63	--	--	134	115	--
	%	100	19	--	--	41	35	--
Male	No.	143	38 *	--	--	38 *	62	--
	%	100	26 *	--	--	27 *	43	--
Female	No.	180	25 *	--	--	96	53 *	--
	%	100	14 *	--	--	53	29 *	--

TABLE 3
Population 15 Years of Age and Over by Type of Smoker by Age Group and Education, Canada, 1985

Age group and education		Type of smoker						
		Total	Regular smoker	Occasional smoker	Pipe or cigar	Never smoked	Former smoker	Not stated
in thousands								
All age groups								
All education levels	No.	19,668	5,985	854	261	8,317	4,051	201
	%	100	30	4	1	42	21	1
Some secondary or less	No.	7,959	2,710	297	72 *	3,129	1,685	65 *
	%	100	34	4	1 *	39	21	1 *
Secondary graduation	No.	3,612	1,223	153	52 *	1,424	726	35 *
	%	100	34	4	1 *	39	20	1 *
Some postsecondary	No.	3,086	855	202	44 *	1,357	599	28 *
	%	100	28	7	1 *	44	19	1 *
Postsecondary degree or diploma	No.	4,793	1,121	195	93 *	2,338	998	48 *
	%	100	23	4	2 *	49	21	1 *
Not stated	No.	219	75 *	--	--	69 *	42 *	--
	%	100	34 *	--	--	32 *	19 *	--
15-19 years								
All education levels	No.	1,938	391	124	--	1,271	114	38 *
	%	100	20	6	--	66	6	2 *
Some secondary or less	No.	1,207	244	76 *	--	817	46 *	--
	%	100	20	6 *	--	68	4 *	--
Secondary graduation	No.	299	80 *	--	--	172	26 *	--
	%	100	27 *	--	--	57	9 *	--
Some postsecondary	No.	350	48 *	27 *	--	232	36 *	--
	%	100	14 *	8 *	--	66	10 *	--
Postsecondary degree or diploma	No.	34 *	--	--	--	--	--	--
	%	100 *	--	--	--	--	--	--
Not stated	No.	48 *	--	--	--	32 *	--	--
	%	100 *	--	--	--	68 *	--	--
20-24 years								
All education levels	No.	2,359	826	162	--	1,080	227	41 *
	%	100	35	7	--	46	10	2 *
Some secondary or less	No.	494	320	30 *	--	96 *	44 *	--
	%	100	65	6 *	--	19 *	9 *	--
Secondary graduation	No.	598	240	42 *	--	221	74 *	--
	%	100	40	7 *	--	37	12 *	--
Some postsecondary	No.	664	109	65 *	--	417	55 *	--
	%	100	16	10 *	--	63	8 *	--
Postsecondary degree or diploma	No.	590	146	26 *	--	343	53 *	--
	%	100	25	4 *	--	58	9 *	--
Not stated	No.	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--

TABLE 3
Population 15 Years of Age and Over by Type of Smoker by Age Group and Education, Canada,
1985 - Concluded

Age group and education		Type of smoker						
		Total	Regular smoker	Occasional smoker	Pipe or cigar	Never smoked	Former smoker	Not stated
in thousands								
25-44 years								
All education levels	No.	8,061	2,767	349	121	3,087	1,673	63 *
	%	100	34	4	2	38	21	1 *
Some secondary or less	No.	1,944	925	80 *	--	533	381	--
	%	100	48	4 *	--	27	20	--
Secondary graduation	No.	1,775	632	55 *	--	670	376	--
	%	100	36	3 *	--	38	21	--
Some postsecondary	No.	1,411	517	89 *	--	459	315	--
	%	100	37	6 *	--	33	22	--
Postsecondary degree or diploma	No.	2,858	659	124	62 *	1,411	584	--
	%	100	23	4	2 *	49	20	--
Not stated	No.	73 *	35 *	--	--	--	--	--
	%	100 *	48 *	--	--	--	--	--
45-64 years								
All education levels	No.	4,838	1,550	158	78 *	1,709	1,287	56 *
	%	100	32	3	2 *	35	27	1 *
Some secondary or less	No.	2,563	885	75 *	27 *	844	713	--
	%	100	35	3 *	1 *	33	28	--
Secondary graduation	No.	698	222	32 *	--	263	158	--
	%	100	32	5 *	--	38	23	--
Some postsecondary	No.	495	157	--	--	187	119	--
	%	100	32	--	--	38	24	--
Postsecondary degree or diploma	No.	1,014	261	31 *	--	403	284	--
	%	100	26	3 *	--	40	28	--
Not stated	No.	69 *	26 *	--	--	--	--	--
	%	100 *	39 *	--	--	--	--	--
65 years and over								
All education levels	No.	2,472	450	60 *	38 *	1,171	750	--
	%	100	18	2 *	2 *	47	30	--
Some secondary or less	No.	1,750	337	36 *	34 *	840	501	--
	%	100	19	2 *	2 *	48	29	--
Secondary graduation	No.	243	48 *	--	--	98	91	--
	%	100	20 *	--	--	40	38	--
Some postsecondary	No.	165	23 *	--	--	62 *	73 *	--
	%	100	14 *	--	--	38 *	44 *	--
Postsecondary degree or diploma	No.	297	40 *	--	--	163	78 *	--
	%	100	14 *	--	--	55	26 *	--
Not stated	No.	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--

TABLE 4
Population 15 Years of Age and Over by Type of Smoker by Age Group and Number of Smokers in Household (Excludes Respondent), Canada, 1985

Age group and number of smokers		Type of smoker					
		Total	Regular smoker ¹	Occasional smoker	Never smoked	Former smoker	Not stated
in thousands							
All age groups							
Total – Number of smokers	No.	19,668	6,245	854	8,317	4,051	201
	%	100	32	4	42	21	1
No smokers	No.	12,080	2,834	485	5,694	2,966	102
	%	100	23	4	47	25	1
One smoker	No.	5,551	2,588	273	1,804	847	38 *
	%	100	47	5	33	15	1 *
Two smokers	No.	1,280	516	87 *	504	165	--
	%	100	40	7 *	39	13	--
Three or more smokers	No.	412	257	--	108	42 *	--
	%	100	62	--	26	10 *	--
Not stated	No.	345	50 *	--	208	31 *	50 *
	%	100	15 *	--	60	9 *	15 *
15-19 years							
Total – Number of smokers	No.	1,938	391	124	1,271	114	38 *
	%	100	20	6	66	6	2 *
No smokers	No.	824	93 *	49 *	613	59 *	--
	%	100	11 *	6 *	74	7 *	--
One smoker	No.	623	133	50 *	401	--	--
	%	100	21	8 *	64	--	--
Two smokers	No.	314	99 *	--	173	--	--
	%	100	32 *	--	55	--	--
Three or more smokers	No.	128	65 *	--	50 *	--	--
	%	100	51 *	--	39 *	--	--
Not stated	No.	48 *	--	--	34 *	--	--
	%	100 *	--	--	72 *	--	--
20-24 years							
Total – Number of smokers	No.	2,359	850	162	1,080	227	41 *
	%	100	36	7	46	10	2 *
No smokers	No.	1,196	267	73 *	678	152	26 *
	%	100	22	6 *	57	13	2 *
One smoker	No.	734	374	57 *	241	58 *	--
	%	100	51	8 *	33	8 *	--
Two smokers	No.	304	135	29 *	119	--	--
	%	100	44	10 *	39	--	--
Three or more smokers	No.	106	70 *	--	30 *	--	--
	%	100	66 *	--	28 *	--	--
Not stated	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--

See footnote(s) at end of table.

TABLE 4
Population 15 Years of Age and Over by Type of Smoker by Age Group and Number of Smokers
in Household (Excludes Respondent), Canada, 1985 - Concluded

Age group and number of smokers		Type of smoker					
		Total	Regular smoker ¹	Occasional smoker	Never smoked	Former smoker	Not stated
in thousands							
25-44 years							
Total - Number of smokers	No.	8,061	2,888	349	3,087	1,673	63 *
	%	100	36	4	38	21	1 *
No smokers	No.	5,096	1,336	226	2,253	1,240	41 *
	%	100	26	4	44	24	1 *
One smoker	No.	2,465	1,306	109	645	395	--
	%	100	53	4	26	16	--
Two smokers	No.	282	162	--	86 *	--	--
	%	100	57	--	31 *	--	--
Three or more smokers	No.	73 *	52 *	--	--	--	--
	%	100 *	72 *	--	--	--	--
Not stated	No.	145	32 *	--	90 *	--	--
	%	100	22 *	--	62 *	--	--
45-64 years							
Total - Number of smokers	No.	4,838	1,628	158	1,709	1,287	56 *
	%	100	34	3	35	27	1 *
No smokers	No.	3,012	801	98 *	1,202	889	--
	%	100	27	3 *	40	30	--
One smoker	No.	1,311	653	41 *	340	271	--
	%	100	50	3 *	26	21	--
Two smokers	No.	324	100 *	--	108	96 *	--
	%	100	31 *	--	33	30 *	--
Three or more smokers	No.	91 *	60 *	--	--	--	--
	%	100 *	66 *	--	--	--	--
Not stated	No.	99 *	--	--	45 *	--	28 *
	%	100 *	--	--	45 *	--	28 *
65 years and over							
Total - Number of smokers	No.	2,472	488	60 *	1,171	750	--
	%	100	20	2 *	47	30	--
No smokers	No.	1,951	336	40 *	947	626	--
	%	100	17	2 *	49	32	--
One smoker	No.	418	122	--	178	101	--
	%	100	29	--	43	24	--
Two smokers	No.	55 *	--	--	--	--	--
	%	100 *	--	--	--	--	--
Three or more smokers	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--
Not stated	No.	34 *	--	--	27 *	--	--
	%	100 *	--	--	80 *	--	--

¹ Includes regular pipe, cigar and cigarillo smokers.

2.2 ALCOHOL USE

HIGHLIGHTS

- Nearly two out of three Canadians (63%) drink alcoholic beverages at least once a month.
- Those who drink report consuming less alcohol per week than when the Canada Health Survey was conducted in 1978/79. The largest decline has been reported among males aged 20-24 who were only one-half as likely to report consuming 14 or more drinks per week in 1985 (16%) as they were in 1978/79 (31%).
- The gap between male and female drinking patterns has widened below age 45 since 1979. This is because females have reported greater declines in drinking behaviour than males since the Canada Health Survey.
- Atlantic Canada has the lowest proportion of current drinkers in the population, at one in two persons, compared to the national figure of two out of three.
- Current drinkers are more likely to rate their health as good or excellent (86%) than are former drinkers (65%) or those who report never having consumed alcohol (72%).

METHODS

The frequency and volume of alcohol consumption were determined from the responses to seven questions in Section H (Q63-Q69) of the GSS questionnaire. For the purposes of this report, regular or "current" drinkers are considered to be those respondents who reported drinking an alcoholic beverage at least once a month. Current drinkers are further classified according to the volume of alcohol consumed in the seven days prior to the survey. Weekly volume is reported in categories of 0 drinks, 1-6

drinks, 7-13 drinks, 14 or more drinks and not-stated. The classifications of current drinkers and weekly volume are comparable to those used in the report of the Canada Health Survey, thus permitting an examination of change in alcohol consumption patterns over the 1978-1985 period.¹

RESULTS

Age and Sex

Table 5 shows that nearly two out of every three Canadians (63%) drink alcoholic beverages at least once a month. Among the current drinkers, the majority drink alcoholic beverages at least once a week, with the most common category being 1-6 drinks per week. Nearly one in five Canadians (19%) drinks at least 7 drinks per week.

There are wide variations in the frequency and weekly volume of alcohol consumption by sex and age. Overall, three out of four males (74%) are classified as current drinkers, in comparison to one in two females (53%). This difference is concentrated mainly in the heavier volume categories (7 drinks or more weekly). Males are more than three times as likely as females (28% vs 9%) to report drinking 7 drinks or more per week.

Those in the 20-24 age group are the most likely to report being current drinkers (76%) and this proportion drops to 61% after age 44 and to 42% after age 65. The heaviest volume of drinking is also reported in the 20-24 age group, with 23% of this population consuming 7 or more drinks per week. This is mainly due to the heavier consumption among young males in this category. More than one in three (36%) males aged 20-24 reports drinking at least seven drinks per week, in comparison to one in ten females (10%) of the same age.

Region

Text Table B indicates that the greatest proportions of current drinkers are found in Ontario and British Columbia. Atlantic Canada has the lowest proportion of current drinkers, at one in two persons.

TEXT TABLE B.
Proportion of Population Who are Current Drinkers¹ by Region, Sex and Age Group, Canada, 1985

	Canada	Atlantic	Quebec	Ontario	Prairies	British Columbia
Both sexes						
All age groups	63	53	61	66	63	67
Males						
All age groups	74	67	73	76	73	75
15-19	57	53	65	53	64	45 *
20-24	86	89	80	88	89	89
25-44	81	74	82	84	80	78
45-64	70	59	63	75	66	79
65 years and over	56	44	59	58	50	63
Females						
All age groups	53	40	50	56	53	59
15-19	45	33 *	45 *	39	53	57 *
20-24	54	57	65	69	63	67 *
25-44	59	46	57	62	59	62
45-64	46	38	47	56	51	62
65 years and over	31	16 *	20 *	39	28	41

¹ Current drinkers are defined as persons drinking alcoholic beverages at least once a month.

While this pattern generally applies across age-sex groups, there are some exceptions to this trend among young males. Among males aged 15-19, current drinkers are most likely to be found in Quebec (65%) and least likely to be found in British Columbia (45%). In the 20-24 group, males are equally likely to be current drinkers in all regions (89%) except Quebec where the proportion of current drinkers is lower (80%).

When current drinkers are classified by weekly volume of consumption a similar pattern of regional variation is observed (Table 6). The largest proportions of drinkers consuming 7 or more drinks weekly are found in Ontario and British Columbia.

Social Status

The two measures of social status that are examined in relation to alcohol consumption are education and occupation.

Table 7 shows that there is a positive relationship between the level of education and the likelihood of drinking on a regular basis. One out of every two Canadians with some secondary education or less is considered a current drinker,

in comparison to three out of four with some post-secondary education or higher. Most of this difference is concentrated in the 7 or fewer drinks per week category.

There are small differences in drinking patterns between the top three categories of education, and those with only some secondary education are much less likely to report being current drinkers. Part of this finding may be due to age, since while those aged 65 and over represent 13% of the total population but account for 22% of those with some secondary education or less. A positive relationship between education and likelihood of drinking is also observed in the 25-44 and 45-64 age groups.

In the youngest age groups, those who are enrolled as full-time students are much less likely to be classified as current drinkers than those who are not in school. Fewer than one in two full-time students in both of the 15-19 and 20-24 age groups is considered a current drinker, compared to three out of four in every other category of education.

In the youngest age group, those who are enrolled as full-time students or who have completed their education without graduating from secondary school, are much less likely to be classified as current drinkers than those who have graduated

from secondary school. Forty-four percent of full-time students aged 15-19 are classified as current drinkers, compared to 75% of those with a minimum of secondary school graduation.

Labour force status and occupation are presented together as one variable in this chapter. Occupation groups are presented for those who were employed at the time of the General Social Survey, in the following three categories: managerial/professional, other white collar and blue collar. The other two labour force status categories presented are unemployed and not in the labour force.

Managerial-professional and blue-collar workers are the most likely to report being current drinkers, at 77% and 76% respectively, in comparison to 70% of the unemployed respondents and 66% of "other white-collar" workers (Table 8). This may be partly explained by the heavy concentration of female workers in the "other white collar" category of employment (data not shown). Fewer than one in two of those not in the labour force are considered current drinkers (46%) which is due in part to the fact that persons age 65 and over comprise one third of this group. Blue-collar workers are the most likely to report consuming 7 or more drinks per week, at 28%, in comparison to 22% of the managerial/professional workers. The higher frequency of alcohol consumption among managerial/professional and blue-collar workers is also observed among the different age groups.

Alcohol and Self-Rated Health Status

Table 9 shows that current drinkers are the group most likely to report excellent or good health status, followed by occasional drinkers. More than 8 out of 10 current drinkers rate their health as being good or excellent compared to 7 out of 10 persons who have either never consumed alcohol, or who are former drinkers. This same pattern applies to all age groups, although the differences are very slight up to age 44, becoming much wider thereafter. In the 45-64 age group, 8 out of 10 current drinkers rate their health as excellent or good, compared to two out of three who have never consumed alcohol and just one in two former drinkers.

Alcohol and Tobacco Use

Table 10 examines the relationship between alcohol and tobacco use. Current and former drinkers are slightly more likely than the population as a whole to be regular cigarette smokers (34% vs 30%). The only group that differs markedly from the population as a whole with respect to smoking patterns are those who

have never consumed alcohol; they are only one-half as likely to be regular cigarette smokers (16%). Persons who have never consumed alcohol are twice as likely to be found in the "never smoked" category as those who are current drinkers. Former drinkers are more likely, than other types of drinkers, to be found in the "former smoker" category (27%), although the difference is not large in comparison to other drinking status categories. A similar pattern is observed for both sexes.

Table 11 presents data on the joint occurrence of selected categories of smoking and drinking behaviour by age and sex. One in five adult Canadians (21%) is both a regular cigarette smoker and a current drinker. When further examined by age and sex, it may be seen that while males are more likely than females to smoke and drink regularly (26% vs 17%), the sex differential is not as pronounced as that observed for drinking behaviour by itself. In the 15-24 age group, males and females are equally likely to both smoke and drink regularly. The shift in drinking and smoking behaviour for females born in the latter part of this century is evident in the proportion of the population who report that they have never consumed alcohol and never smoked. Among females aged 65 and over, three in ten have never smoked or consumed alcohol, compared to just over one in twenty males of the same age. This proportion is reduced to about one in ten for females below the age of 65.

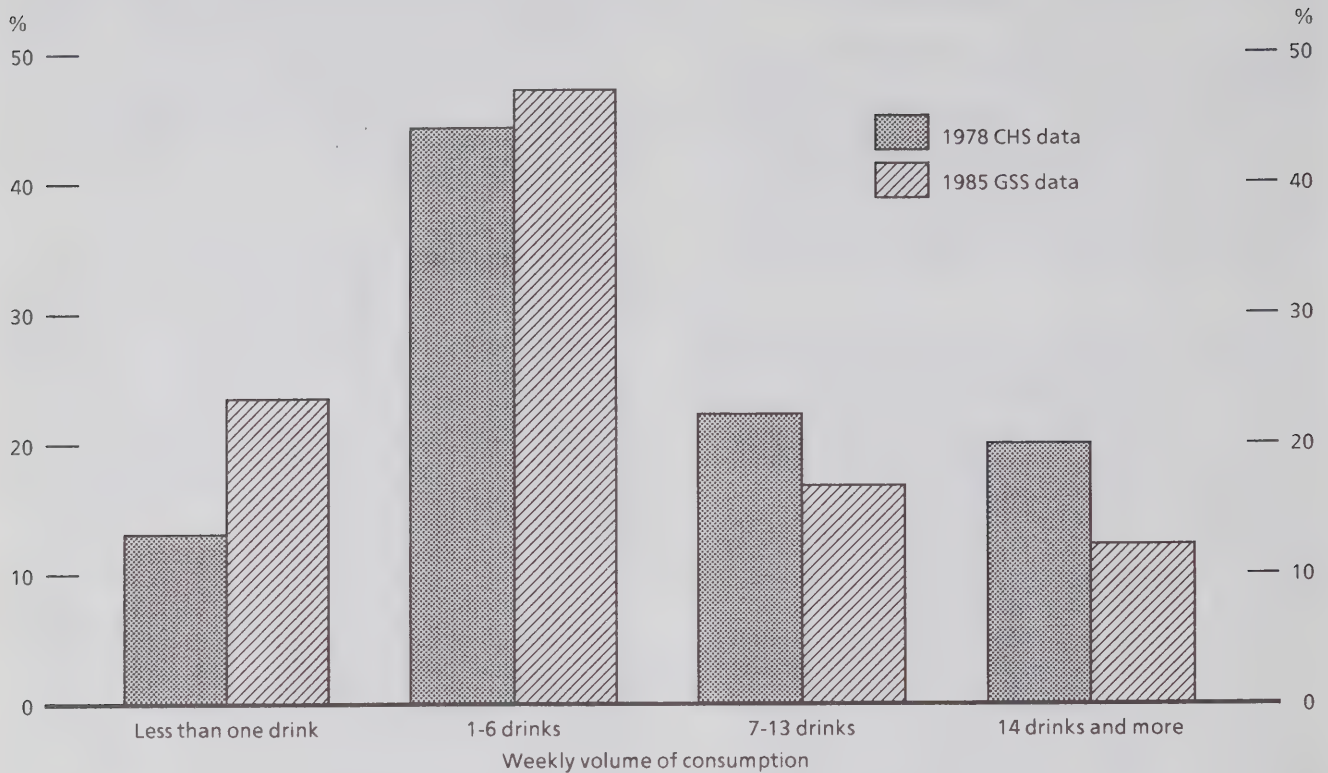
Among males the likelihood of smoking and drinking reaches a maximum in the 25-44 age group at nearly one in three (31%). Among females the peak is reported in the 15-24 group (21%). In terms of absolute numbers, the largest age-sex groups that are both regular smokers and drinkers are observed among males aged 25-44 at nearly one and one-quarter million, followed by females of the same age, numbering some three-quarters of a million.

DISCUSSION

Changes in Drinking Patterns 1978/79-1985

A comparison of the General Social Survey with the Canada Health Survey results indicates that there has been a shift towards more moderate drinking patterns, as measured in terms of weekly alcohol consumption. There has been little overall change in the proportion of the population reporting themselves as current drinkers. However, for both sexes, and for all age groups, there is a tendency for the current drinkers to drink less per week as is shown in figure D. In general the largest changes observed are increases in the proportion drinking on less than a weekly basis and decreases in the proportion drinking 14 or more drinks per week.

Figure D
Number of Drinks Consumed Weekly for Current Drinkers, 15 Years of Age and Over,
Canada, 1978 and 1985



¹ Current drinkers are defined as drinking alcoholic beverages at least once per month in the 12 month period prior to the survey.

² Refers to the number of drinks consumed in the 7 days prior to the survey.

³ Proportions have been recalculated to exclude the unknown category of consumption from the total.

⁴ Data for 1978 are those of the 1978/79 Canada Health Survey, Table 1, pg 28, of Note 2.

Trends in Male/Female Differences

The findings of the 1978/79 Canada Health Survey pointed towards a convergence of male and female lifestyles with respect to drinking behaviour. This was suggested by two factors. First, the gap between the proportions of male and female current drinkers was narrowest in younger age groups. Second, younger females who were current drinkers reported that they had started drinking at a much earlier age than female current drinkers some 15 to 20 years older.

A comparison of the General Social Survey findings with those of the Canada Health Survey indicates that this trend has not been sustained. Considering the population classified as current drinkers, the sex difference has become wider in all age ranges except the 45-64 group. In this latter case the convergence is the result of the declining proportion of male current drinkers; the proportion of the population who are current

drinkers has remained stable among females of this age. For age groups below 45, although the proportions of current drinkers among males have either declined or remained unchanged between 1978 and 1985, greater declines have been reported among females.

Among current drinkers, the weekly volume category for which a convergence in male and female differences across age groups is most evident is that for 14 drinks or more per week. This is due mainly to the sharp decline in the likelihood of males to report consuming this volume of alcohol.

The widening of the male/female difference across ages is most evident in the 7-13 drinks per week category, and this is the result of greater declines among females than among males.

In summary, while there may have been a convergence in male/female drinking patterns in the decade prior to the Canada Health Survey, the opposite trend now appears to be occurring.

The decline in the volume of alcohol consumption among Canadians that is suggested by the comparison of the Canada Health Survey and the General Social Survey is further supported by an examination of statistics on the volume of sales of alcoholic beverages on a per capita basis in Canada over the 1980-81 to 1984-85 period. According to the sales figures the per capita (age 15+) sales of alcohol has dropped from 10.5 to 9.8 litres of absolute alcohol during this period, representing a 7% decline.² A similar decline has also been observed in the United States during this same period.³

The most persistent finding among the variables examined in this section is that there is a sex differential that is observed even when taking into account other variables such as age and education. Moreover, a comparison with the earlier Canada Health Survey suggests that the male-female difference is again beginning to widen. It is noteworthy, however, that there has been a clear shift among male drinkers toward a lower volume of consumption. In the absence of more detailed data, one can only speculate on the

reasons for these trends. One likely factor is increased public concern about alcohol use, especially when it results in impaired driving. There may also have been an increased concern with diet and weight control that has contributed to lowered consumption.

The greater likelihood of fair or poor health among the "former" and "never" drinking status categories would appear to suggest a reciprocal relationship between drinking and health status. Among former drinkers it may be the case that they developed an alcohol-related health problem that resulted in their quitting drinking, or some other health condition that required them to stop drinking. However, a similar finding of poorer health among those who have "never" consumed alcohol appears to be in support of previous studies that have reported a beneficial health effect of "moderate" alcohol consumption. Such a relationship may reflect some broader aspect of lifestyle, for example, the social context in which alcohol is consumed, since it has been found in several studies that those with frequent social contacts enjoy better health.

NOTES

- 1 The Health of Canadians: Report of the Canada Health Survey, Chapter 1, p. 23. When making comparisons between the General Social Survey and the Canada Health Survey, certain cautions should be identified. The alcohol questions on the Canada Health Survey were included in a self-administered questionnaire. There was a 14% non-response rate to this questionnaire, and a further 2% non-response to the alcohol section of the questionnaire. There is further methodological discussion in the Canada Health Survey report.
- 2 Statistics Canada Catalogue 63-202, The control and sale of alcoholic beverages in Canada, 1984, Tables 16-18, p. 27. These figures represent the volume of sales by liquor authorities. The per capita consumption figures for spirits, wine and beer were converted to litres of absolute alcohol using the following concentrations: spirits – 41.1 percent, wine – 12.9 percent and beer – 4.5 percent. The report cautions, (p. 13) that volume per capita consumption figures are subject to limitations, as in addition to sales to final consumers they reflect the volume of sales to the holders of licenses to resell, and they also include sales to non-residents.
- 3 Metropolitan Life, Statistical Bulletin, Jan-Mar. 1987, Alcohol Use in the United States, pp. 20-25.

TABLE 5
Population 15 Years of Age and Over by Type of Drinker and Weekly Volume of Alcohol Consumed, by Age Group and Sex, Canada, 1985

Age group and sex		Type of drinker										
		Current drinker by weekly volume of alcohol consumed										Type of drinker not stated
		Total	Never drank	Former drinker	Occa-sional drinker	Total	Zero drinks	1-6 drinks	7-13 drinks	14 drinks or more	Not stated	
in thousands												
All age groups												
Both sexes	No.	19,668	2,475	1,257	3,483	12,385	2,908	5,809	2,079	1,511	78 *	69 *
	%	100	13	6	18	63	15	30	11	8	0 *	0 *
Male	No.	9,649	783	630	1,069	7,120	1,336	3,050	1,440	1,250	44 *	47 *
	%	100	8	7	11	74	14	32	15	13	0 *	0 *
Female	No.	10,019	1,693	627	2,413	5,264	1,572	2,759	638	261	34 *	--
	%	100	17	6	24	53	16	28	6	3	0 *	--
15-19 years												
Both sexes	No.	1,938	448	68 *	428	986	383	412	95 *	87 *	--	--
	%	100	23	4 *	22	51	20	21	5 *	4 *	--	--
Male	No.	993	220	31 *	171	565	196	227	65 *	73 *	--	--
	%	100	22	3 *	17	57	20	23	7 *	7 *	--	--
Female	No.	945	227	37 *	256	421	187	186	30 *	--	--	--
	%	100	24	4 *	27	44	20	20	3 *	--	--	--
20-24 years												
Both sexes	No.	2,359	157	55 *	354	1,792	454	771	313	241	--	--
	%	100	7	2 *	15	76	19	33	13	10	--	--
Male	No.	1,193	69 *	--	79 *	1,031	207	386	243	192	--	--
	%	100	6 *	--	7 *	86	17	32	20	16	--	--
Female	No.	1,166	88 *	41 *	274	761	247	385	70 *	49 *	--	--
	%	100	8 *	4 *	24	65	21	33	6 *	4 *	--	--
25-44 years												
Both sexes	No.	8,061	598	424	1,369	5,637	1,156	2,807	957	698	--	32
	%	100	7	5	17	70	14	35	12	9	--	0 *
Male	No.	4,021	165	223	339	3,271	515	1,453	690	599	--	--
	%	100	4	6	8	81	13	36	17	15	--	--
Female	No.	4,039	433	201	1,030	2,367	640	1,354	267	99 *	--	--
	%	100	11	5	25	59	16	34	7	2 *	--	--
45-64 years												
Both sexes	No.	4,838	629	364	887	2,941	682	1,379	515	340	26 *	--
	%	100	13	8	18	61	14	29	11	7	1 *	--
Male	No.	2,376	197	192	319	1,655	301	744	319	277	--	--
	%	100	8	8	13	70	13	31	13	12	--	--
Female	No.	2,461	431	172	568	1,285	381	634	195	62 *	--	--
	%	100	18	7	23	52	15	26	8	3 *	--	--
65 years and over												
Both sexes	No.	2,472	644	345	446	1,029	234	439	200	145	--	--
	%	100	26	14	18	42	9	18	8	6	--	--
Male	No.	1,065	132	170	161	598	116	239	124	109	--	--
	%	100	12	16	15	56	11	22	12	10	--	--
Female	No.	1,407	512	176	285	431	118	200	76 *	36 *	--	--
	%	100	36	12	20	31	8	14	5 *	3 *	--	--

TABLE 6
Population 15 Years of Age and Over by Type of Drinker and Weekly Volume of Alcohol Consumed, by Sex, Canada and Regions, 1985

Sex and region		Type of drinker										
		Current drinker by weekly volume of alcohol consumed										Type of drinker not stated
		Total	Never drank	Former drinker	Occa- sional drinker	Total	Zero drinks	1-6 drinks	7-13 drinks	14 drinks or more	Not stated	
in thousands												
Both sexes												
Canada	No.	19,668	2,475	1,257	3,483	12,385	2,908	5,809	2,079	1,511	78 *	69 *
	%	100	13	6	18	63	15	30	11	8	0 *	0 *
Atlantic	No.	1,751	275	178	353	931	272	420	134	105	--	14 *
	%	100	16	10	20	53	16	24	8	6	--	1 *
Quebec	No.	5,163	803	342	848	3,153	865	1,515	440	311	--	--
	%	100	16	7	16	61	17	29	9	6	--	--
Ontario	No.	7,133	778	358	1,293	4,682	950	2,165	892	640	36 *	--
	%	100	11	5	18	66	13	30	12	9	1 *	--
Prairies	No.	3,350	342	254	641	2,107	500	1,003	342	250	--	--
	%	100	10	8	19	63	15	30	10	7	--	--
British Columbia	No.	2,270	278	124	348	1,512	322	706	272	205	--	--
	%	100	12	5	15	67	14	31	12	9	--	--
Male												
Canada	No.	9,649	783	630	1,069	7,120	1,336	3,050	1,440	1,250	44 *	47 *
	%	100	8	7	11	74	14	32	15	13	0 *	0 *
Atlantic	No.	864	76	97	108	577	134	247	103	92	--	--
	%	100	9	11	13	67	16	29	12	11	--	--
Quebec	No.	2,514	229	164	274	1,836	390	815	336	274	--	--
	%	100	9	7	11	73	15	32	13	11	--	--
Ontario	No.	3,480	279	165	366	2,651	420	1,091	610	519	--	--
	%	100	8	5	11	76	12	31	18	15	--	--
Prairies	No.	1,672	101	144	202	1,222	237	535	227	213	--	--
	%	100	6	9	12	73	14	32	14	13	--	--
British Columbia	No.	1,119	97	60 *	119	835	155	363	165	152	--	--
	%	100	9	5 *	11	75	14	32	15	14	--	--
Female												
Canada	No.	10,019	1,693	627	2,413	5,264	1,572	2,759	638	261	34 *	--
	%	100	17	6	24	53	16	28	6	3	0 *	--
Atlantic	No.	887	198	81	245	354	138	173	31 *	13 *	--	9 *
	%	100	22	9	28	40	16	19	3 *	1 *	--	1 *
Quebec	No.	2,649	574	178	574	1,317	475	700	104 *	37 *	--	--
	%	100	22	7	22	50	18	26	4 *	1 *	--	--
Ontario	No.	3,653	499	193	927	2,031	529	1,074	282	121 *	--	--
	%	100	14	5	25	56	14	29	8	3 *	--	--
Prairies	No.	1,679	240	111	438	885	263	468	115	37 *	--	--
	%	100	14	7	26	53	16	28	7	2 *	--	--
British Columbia	No.	1,151	181	64 *	229	677	167	344	107	54 *	--	--
	%	100	16	6 *	20	59	15	30	9	5 *	--	--

TABLE 7

Population 15 Years of Age and Over by Type of Drinker and Weekly Volume of Alcohol Consumed, by Age Group and Education, Canada, 1985

Age group and education		Type of drinker						
		Current drinkers and weekly volume consumed						Type of drinker not stated
		Total	Occasional and non-drinkers	Total	Less than 7 drinks	7 drinks or more	Not stated	
in thousands								
All age groups								
Education – Total	No.	19,668	7,215	12,385	8,717	3,590	78 *	69 *
	%	100	37	63	44	18	0 *	0 *
Presently in school	No.	231	131	100 *	66 *	34 *	--	--
	%	100	57	43 *	29 *	15 *	--	--
Secondary or less	No.	7,776	3,872	3,885	2,730	1,117	37 *	--
	%	100	50	50	35	14	0 *	--
Secondary graduation	No.	3,594	1,099	2,488	1,727	743	--	--
	%	100	31	69	48	21	--	--
Some postsecondary	No.	3,061	792	2,265	1,572	680	--	--
	%	100	26	74	51	22	--	--
Postsecondary degree or diploma	No.	4,791	1,234	3,547	2,545	991	--	--
	%	100	26	74	53	21	--	--
Not stated	No.	214	86 *	101	77 *	--	--	27 *
	%	100	40 *	47	36 *	--	--	12 *
15-19 years								
Education – Total	No.	1,938	943	986	795	182	--	--
	%	100	49	51	41	9	--	--
Presently in school	No.	200	112	89 *	59 *	30 *	--	--
	%	100	56	44 *	29 *	15 *	--	--
Secondary or less	No.	1,038	639	393	327	63 *	--	--
	%	100	62	38	31	6 *	--	--
Secondary graduation	No.	285	72 *	213	163	48 *	--	--
	%	100	25 *	75	57	17 *	--	--
Some postsecondary	No.	338	88 *	250	214	32 *	--	--
	%	100	26 *	74	63	9 *	--	--
Postsecondary degree or diploma	No.	34 *	--	--	--	--	--	--
	%	100 *	--	--	--	--	--	--
Not stated	No.	42 *	--	--	--	--	--	--
	%	100 *	--	--	--	--	--	--
20-24 years								
Education – Total	No.	2,359	566	1,792	1,225	553	--	--
	%	100	24	76	52	23	--	--
Presently in school	No.	31 *	--	--	--	--	--	--
	%	100 *	--	--	--	--	--	--
Secondary or less	No.	481	160	321	166	153	--	--
	%	100	33	67	35	32	--	--
Secondary graduation	No.	593	143	450	297	144	--	--
	%	100	24	76	50	24	--	--
Some postsecondary	No.	652	122	529	377	148	--	--
	%	100	19	81	58	23	--	--
Postsecondary degree or diploma	No.	588	117	471	367	104	--	--
	%	100	20	80	62	18	--	--
Not stated	No.	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--

TABLE 7
Population 15 Years of Age and Over by Type of Drinker and Weekly Volume of Alcohol Consumed, by Age Group and Education, Canada, 1985 – Concluded

Age group and education		Type of drinker						
		Current drinkers and weekly volume consumed						Type of drinker not stated
		Total	Occasional and non-drinkers	Total	Less than 7 drinks	7 drinks or more	Not stated	
in thousands								
25-44 years								
Education – Total	No.	8,061	2,391	5,637	3,963	1,655	--	32 *
	%	100	30	70	49	21	--	0 *
Secondary or less	No.	1,944	766	1,172	800	367	--	--
	%	100	39	60	41	19	--	--
Secondary graduation	No.	1,775	575	1,194	858	334	--	--
	%	100	32	67	48	19	--	--
Some postsecondary	No.	1,411	348	1,060	713	346	--	--
	%	100	25	75	51	25	--	--
Postsecondary degree or diploma	No.	2,858	679	2,169	1,565	594	--	--
	%	100	24	76	55	21	--	--
Not stated	No.	73	--	43 *	27 *	--	--	--
	%	100	--	58 *	38 *	--	--	--
45-64 years								
Education – Total	No.	4,838	1,879	2,941	2,061	854	26 *	--
	%	100	39	61	43	18	1 *	--
Secondary or less	No.	2,563	1,215	1,348	978	347	--	--
	%	100	47	53	38	14	--	--
Secondary graduation	No.	698	193	504	342	158	--	--
	%	100	28	72	49	23	--	--
Some postsecondary	No.	495	164	330	221	108	--	--
	%	100	33	67	45	22	--	--
Postsecondary degree or diploma	No.	1,014	279	735	498	237	--	--
	%	100	27	73	49	23	--	--
Not stated	No.	69 *	29 *	--	--	--	--	--
	%	100 *	42 *	--	--	--	--	--
65 years and over								
Education – Total	No.	2,472	1,435	1,029	673	345	--	--
	%	100	58	42	27	14	--	--
Secondary or less	No.	1,750	1,092	651	459	187	--	--
	%	100	62	37	26	11	--	--
Secondary graduation	No.	243	116	126	66 *	58 *	--	--
	%	100	48	52	27 *	24 *	--	--
Some postsecondary	No.	165	70 *	96	46 *	46 *	--	--
	%	100	42	58	28 *	28 *	--	--
Postsecondary degree or diploma	No.	297	148	148	97	51 *	--	--
	%	100	50	50	33	17 *	--	--
Not stated	No.	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--

TABLE 8
Population 15 Years of Age and Over by Type of Drinker and Weekly Volume of Alcohol Consumed, by Age Group, Labour Force Status and Occupation , Canada, 1985

Age group, labour force status and occupation		Type of drinker						
		Current drinkers by weekly volume consumed						Type of drinker not stated
		Total	Occasional or non- drinkers	Total	Less than 7 drinks	7 drinks or more	Not stated	
in thousands								
All age groups								
Total – Labour force status	No.	19,668	7,215	12,385	8,717	3,590	78 *	69 *
	%	100	37	63	44	18	0 *	0 *
Not in labour force	No.	6,770	3,663	3,092	2,293	769	30 *	--
	%	100	54	46	34	11	0 *	--
Labour force status unknown	No.	115	29 *	64 *	54 *	--	--	--
	%	100	25 *	55 *	47 *	--	--	--
Unemployed	No.	861	258	601	426	175	--	--
	%	100	30	70	49	20	--	--
Total employed	No.	11,922	3,264	8,628	5,944	2,636	48 *	30 *
	%	100	27	72	50	22	0 *	0 *
Managerial	No.	3,597	820	2,767	1,952	800	--	--
	%	100	23	77	54	22	--	--
Other white collar	No.	4,522	1,524	2,993	2,191	773	29 *	--
	%	100	34	66	48	17	1 *	--
Blue collar	No.	3,598	875	2,717	1,696	1,017	--	--
	%	100	24	76	47	28	--	--
Occupation unknown	No.	204	45 *	151	105	45 *	--	--
	%	100	22 *	74	52	22 *	--	--
15-24 years								
Total – Labour force status	No.	4,297	1,509	2,778	2,020	735	--	--
	%	100	35	65	47	17	--	--
Not in labour force	No.	1,511	792	713	539	166	--	--
	%	100	52	47	36	11	--	--
Labour force status unknown	No.	--	--	--	--	--	--	--
	%	--	--	57	--	--	--	--
Unemployed	No.	263	65 *	197	146	51 *	--	--
	%	100	25 *	75	55	19 *	--	--
Total employed	No.	2,501	645	1,855	1,323	517	--	--
	%	100	26	74	53	21	--	--
Managerial	No.	410	127	283	212	70 *	--	--
	%	100	31	69	52	17 *	--	--
Other white collar	No.	1,291	377	914	710	192	--	--
	%	100	29	71	55	15	--	--
Blue collar	No.	745	133	612	379	232	--	--
	%	100	18	82	51	31	--	--
Occupation unknown	No.	54 *	--	46 *	--	--	--	--
	%	100 *	--	86 *	--	--	--	--

TABLE 8
Population 15 Years of Age and Over by Type of Drinker and Weekly Volume of Alcohol Consumed, by Age Group, Labour Force Status and Occupation, Canada, 1985 - Continued

Age group, labour force status and occupation		Type of drinker						
		Current drinkers by weekly volume consumed						Type of drinker not stated
		Total	Occasional or non- drinkers	Total	Less than 7 drinks	7 drinks or more	Not stated	
in thousands								
25-44 years								
Total – Labour force status	No.	8,061	2,391	5,637	3,963	1,655	--	32 *
	%	100	30	70	49	21	--	0 *
Not in labour force	No.	1,331	670	660	554	102	--	--
	%	100	50	50	42	8	--	--
Labour force status unknown	No.	33 *	--	--	--	--	--	--
	%	100 *	--	--	--	--	--	--
Unemployed	No.	426	135	289	189	100 *	--	--
	%	100	32	68	45	24 *	--	--
Total employed	No.	6,271	1,576	4,672	3,207	1,450	--	--
	%	100	25	75	51	23	--	--
Managerial	No.	2,260	452	1,800	1,283	505	--	--
	%	100	20	80	57	22	--	--
Other white collar	No.	2,115	699	1,411	1,047	364	--	--
	%	100	33	67	49	17	--	--
Blue collar	No.	1,808	395	1,408	832	575	--	--
	%	100	22	78	46	32	--	--
Occupation unknown	No.	88 *	31 *	53 *	46 *	--	--	--
	%	100 *	35 *	60 *	52 *	--	--	--
45-64 years								
Total – Labour force status	No.	4,838	1,879	2,941	2,061	854	--	--
	%	100	39	61	43	18	--	--
Not in labour force	No.	1,682	862	819	608	202	--	--
	%	100	51	49	36	12	--	--
Labour force status unknown	No.	57 *	--	35 *	29 *	--	--	--
	%	100 *	--	61 *	51 *	--	--	--
Unemployed	No.	172	57 *	114	90 *	--	--	--
	%	100	33 *	67	53 *	--	--	--
Total employed	No.	2,927	949	1,973	1,333	623	--	--
	%	100	32	67	46	21	--	--
Managerial	No.	853	220	631	426	205	--	--
	%	100	26	74	50	24	--	--
Other white collar	No.	1,038	413	625	408	201	--	--
	%	100	40	60	39	19	--	--
Blue collar	No.	975	310	665	462	203	--	--
	%	100	32	68	47	21	--	--
Occupation unknown	No.	62 *	7	52 *	37 *	--	--	--
	%	100 *	11	84 *	60 *	--	--	--

TABLE 8
Population 15 Years of Age and Over by Type of Drinker and Weekly Volume of Alcohol Consumed, by Age Group, Labour Force Status and Occupation, Canada, 1985 – Concluded

Age group, labour force status and occupation		Type of drinker						
		Current drinkers by weekly volume consumed						Type of drinker not stated
		Total	Occasional or non- drinkers	Total	Less than 7 drinks	7 drinks or more	Not stated	
in thousands								
65 years and over								
Total – Labour force status	No.	2,472	1,435	1,029	673	345	--	--
	%	100	58	42	27	14	--	--
Not in labour force	No.	2,247	1,339	900	592	299	--	--
	%	100	60	40	26	13	--	--
Labour force status unknown	No.	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--
Unemployed	No.	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--
Total employed	No.	223	94	128	81 *	46 *	--	--
	%	100	42	58	36 *	20 *	--	--
Managerial	No.	74 *	--	54 *	31 *	--	--	--
	%	100 *	--	72 *	42 *	--	--	--
Other white collar	No.	78 *	35 *	43 *	26 *	--	--	--
	%	100 *	45 *	55 *	33 *	--	--	--
Blue collar	No.	69 *	37 *	31 *	23 *	--	--	--
	%	100 *	54 *	45 *	33 *	--	--	--
Occupation unknown	No.	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--

TABLE 9
Population 15 Years of Age and Over by Type of Drinker, by Age Group and Self-Rated Health Status, Canada, 1985

Age group and self-rated health status	Type of drinker											
	Total		Current drinker		Occasional drinker		Former drinker		Never drank		Not stated	
	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent
in thousands												
All age groups												
Total – Health status	19,668	100	12,385	100	3,483	100	1,257	100	2,475	100	69 *	100 *
Excellent/Good	16,106	82	10,625	86	2,819	81	813	65	1,788	72	60 *	87 *
Fair/Poor	3,534	18	1,737	14	661	19	440	35	687	28	--	--
Not stated	28 *	0 *	--	--	--	--	--	--	--	--	--	--
15-24 years												
Total – Health status	4,297	100	2,778	100	781	100	123	100	605	100	--	--
Excellent/Good	3,745	87	2,462	89	672	86	98 *	79 *	506	84	--	--
Fair/Poor	550	13	314	11	109	14	26 *	21 *	98 *	16 *	--	--
Not stated	--	--	--	--	--	--	--	--	--	--	--	--
25-44 years												
Total – Health status	8,061	100	5,637	100	1,369	100	424	100	598	100	32 *	100 *
Excellent/Good	7,147	89	5,072	90	1,186	87	347	82	511	85	31 *	97 *
Fair/Poor	902	11	557	10	183	13	74 *	18 *	87 *	15 *	--	--
Not stated	--	--	--	--	--	--	--	--	--	--	--	--
45-64 years												
Total – Health status	4,838	100	2,941	100	887	100	364	100	629	100	--	--
Excellent/Good	3,681	76	2,389	81	661	75	195	54	418	67	--	--
Fair/Poor	1,147	24	542	18	225	25	169	46	210	33	--	--
Not stated	--	--	--	--	--	--	--	--	--	--	--	--
65 years and over												
Total – Health status	2,472	100	1,029	100	446	100	345	100	644	100	--	--
Excellent/Good	1,533	62	703	68	300	67	174	50	352	55	--	--
Fair/Poor	935	38	324	31	145	32	171	50	291	45	--	--
Not stated	--	--	--	--	--	--	--	--	--	--	--	--

TABLE 10
Population 15 Years of Age and Over by Type of Smoker, by Sex and Type of Drinker, Canada, 1985

Sex and type of drinker		Type of smoker						
		Total	Regular smoker	Occasional smoker	Pipe or cigar	Never smoked	Former smoker	Not stated
in thousands								
Both sexes								
Total – Type of drinker	No.	19,668	5,985	854	261	8,317	4,051	201
	%	100	30	4	1	42	21	1
Current drinker	No.	12,385	4,175	662	194	4,448	2,800	105
	%	100	34	5	2	36	23	1
Occasional drinker	No.	3,483	975	133	29 *	1,672	646	27 *
	%	100	28	4	1 *	48	19	1 *
Former drinker	No.	1,257	424	32 *	--	433	336	--
	%	100	34	3 *	--	34	27	--
Never drank	No.	2,475	402	26 *	--	1,741	257	34 *
	%	100	16	1 *	--	70	10	1 *
Not stated	No.	69 *	--	--	--	--	--	--
	%	100 *	--	--	--	--	--	--
Male								
Total – Type of drinker	No.	9,649	3,196	422	246	3,275	2,409	101
	%	100	33	4	3	34	25	1
Current drinker	No.	7,120	2,499	369	182	2,185	1,821	64 *
	%	100	35	5	3	31	26	1 *
Occasional drinker	No.	1,069	316	31 *	27 *	414	275	--
	%	100	30	3 *	2 *	39	26	--
Former drinker	No.	630	220	--	--	167	203	--
	%	100	35	--	--	26	32	--
Never drank	No.	783	157	--	--	492	103	--
	%	100	20	--	--	63	13	--
Not stated	No.	47 *	--	--	--	--	--	--
	%	100 *	--	--	--	--	--	--
Female								
Total – Type of drinker	No.	10,019	2,789	433	--	5,042	1,641	100 *
	%	100	28	4	--	50	16	1 *
Current drinker	No.	5,264	1,676	293	--	2,263	979	41 *
	%	100	32	6	--	43	19	1 *
Occasional drinker	No.	2,413	659	102	--	1,258	371	--
	%	100	27	4	--	52	15	--
Former drinker	No.	627	204	--	--	266	133	--
	%	100	33	--	--	43	21	--
Never drank	No.	1,693	246	--	--	1,249	154	26 *
	%	100	15	--	--	74	9	2 *
Not stated	No.	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--

TABLE 11
Population 15 Years of Age and Over by Type of Drinker and Type of Smoker, by Sex and Age Group, Canada, 1985¹

Sex and age group		Type of drinker										
		Total	Current					Former				
		Type of smoker										
												Other or not stated
		Total	Regular	Never	Former	Other or not stated	Total	Regular	Never	Former		
in thousands												
Both sexes												
All age groups	No.	19668	12385	4175	4448	2800	961	1257	424	433	336	63 *
	% ¹	100	63	21	23	14	5	6	2	2	2	0 *
15 – 24 years	No.	4297	2778	931	1272	274	301	123	40 *	74 *	--	--
	%	100	65	22	30	6	7	3	1 *	2 *	--	--
25 – 44 years	No.	8061	5637	1989	1969	1260	419	424	158	139	103	--
	%	100	70	25	24	16	5	5	2	2	1	--
45 – 64 years	No.	4838	2941	1002	882	863	193	364	158	93 *	94 *	--
	%	100	61	21	18	18	4	8	3	2 *	2 *	--
65 years and over	No.	2472	1029	254	324	402	49 *	345	68 *	127	131	--
	%	100	42	10	13	16	2 *	14	3 *	5	5	--
Male												
All age groups	No.	9649	7120	2499	2185	1821	615	630	220	167	203	40 *
	%	100	74	26	23	19	6	7	2	2	2	0 *
15 – 24 years	No.	2186	1596	485	794	147	170	45 *	--	30 *	--	--
	%	100	73	22	36	7	8	2 *	--	1 *	--	--
25 – 44 years	No.	4021	3271	1238	1009	726	298	223	85 *	63 *	58 *	--
	%	100	81	31	25	18	7	6	2 *	2 *	1 *	--
45 – 64 years	No.	2376	1655	613	294	634	114	192	94 *	38 *	51 *	--
	%	100	70	26	12	27	5	8	4 *	2 *	2 *	--
65 years and over	No.	1065	598	163	88 *	314	33 *	170	27 *	36 *	93 *	--
	%	100	56	15	8 *	30	3 *	16	3 *	3 *	9 *	--
Female												
All age groups	No.	10019	5264	1676	2263	979	346	627	204	266	133	--
	%	100	53	17	23	10	3	6	2	3	1	--
15 – 24 years	No.	2111	1182	446	478	127	131	78 *	--	43 *	--	--
	%	100	56	21	23	6	6	4 *	--	2 *	--	--
25 – 44 years	No.	4039	2367	751	961	534	121	201	74 *	76 *	44 *	--
	%	100	59	19	24	13	3	5	2 *	2 *	1 *	--
45 – 64 years	No.	2461	1285	389	588	230	79 *	172	64 *	56 *	43 *	--
	%	100	52	16	24	9	3 *	7	3 *	2 *	2 *	--
65 years and over	No.	1407	431	91 *	236	88 *	--	176	41 *	91 *	38 *	--
	%	100	31	6 *	17	6 *	--	12	3 *	6 *	3 *	--

TABLE 11
Population 15 Years of Age and Over by Type of Drinker and Type of Smoker, by Sex and Age Group, Canada, 1985¹ – Concluded

Sex and age group		Type of drinker					Occasional or not Stated
		Never					
		Type of smoker					
		Total	Regular	Never	Former	Other or not stated	
in thousands							
Both sexes							
All age groups	No.	2475	402	1741	257	74 *	3552
	% ²	13	2	9	1	0 *	18
15 – 24 years	No.	605	68 *	497	--	--	792
	%	14	2 *	12	--	--	18
25 – 44 years	No.	598	144	392	51 *	--	1401
	%	7	2	5	1 *	--	17
45 – 64 years	No.	629	145	358	97 *	28 *	905
	%	13	3	7	2 *	1 *	19
65 years and over	No.	644	46 *	494	90 *	--	454
	%	26	2 *	20	4 *	--	18
Male							
All age groups	No.	783	157	492	103	31 *	1116
	%	8	2	5	1	0 *	12
15 – 24 years	No.	289	31 *	240	--	--	256
	%	13	1 *	11	--	--	12
25 – 44 years	No.	165	56 *	96 *	--	--	363
	%	4	1 *	2 *	--	--	9
45 – 64 years	No.	197	56 *	89 *	47 *	--	331
	%	8	2 *	4 *	2 *	--	14
65 years and over	No.	132	--	67 *	42 *	--	166
	%	12	--	6 *	4 *	--	16
Female							
All age groups	No.	1693	246	1249	154	43 *	2436
	%	17	2	12	2	0 *	24
15 – 24 years	No.	316	36 *	257	--	--	536
	%	15	2 *	12	--	--	25
25 – 44 years	No.	433	88 *	295	42 *	--	1038
	%	11	2 *	7	1 *	--	26
45 – 64 years	No.	431	88 *	270	50 *	--	573
	%	18	4 *	11	2 *	--	23
65 years and over	No.	512	34 *	427	49 *	--	289
	%	36	2 *	30	3 *	--	21

¹ Percentages are calculated based on the total in each age-sex group. The total includes the columns carried over to next page.

² Percentages are calculated based on the total population in each age-sex group, which appears on the previous page.

2.3 PHYSICAL ACTIVITY

HIGHLIGHTS

- 27% of the adult Canadian population are active enough to anticipate health benefits which may include additional years of life.
- Active Canadians are happier than their sedentary counterparts. They also tend to adopt other good lifestyle practices.
- Physical activity declines sharply after age 24, and again after age 44.
- Western Canadians are more active than those in the East.

METHODS

Information on physical activity was collected in Section F(#41-52) of the General Social Survey Questionnaire. The majority of the questioning related to active physical exercise i.e., exercise which made one perspire or breathe more heavily than normal. The reference period was the last three months which is normally considered sufficient to improve fitness if activity is consistent during this period. Detailed information on type of physical activity, frequency of participation, and duration on each occasion was collected for the two activities most frequently engaged in. When more than two activities were engaged in, only type was collected for the additional activities. A further question sought information on frequency of participation in light physical exercise. All of this information was summarized into an overall kilocalorie score calculated by summing the product of weekly frequency, duration and intensity for each activity. Assignment of conservative values was made for frequency and duration if only partial information existed. Three gross intensity levels were used. This followed the work of Paffenbarger.¹ Activity was classified as vigorous (10 kcal/minute), mixed (7.5 kcal/minute), or light (5 kcal/minute).² Paffenbarger's classification scheme was also followed to categorize individuals based on their calculated kilocalorie expenditure: sedentary (500 kcal/week), moderately active (500 to 1,999 kcal/week), and active (2,000 kcal/week).

Several limitations in the data are apparent:

- (1) Intensity Measurement: A difficult aspect of measuring physical activity is the measurement of the intensity dimension. The GSS approach was to incorporate generalized self-perceptions of physical effort. This was implemented by qualifying active physical exercise as that which made one perspire or breathe more heavily than normal. This definition remains open to personal perception and undoubtedly has been interpreted differently by respondents.
- (2) Focused Questioning: Attempting to limit respondent burden reduces the number of questions that can be posed. It has been assumed that asking detailed questions about the two most frequently performed activities will elicit the respondent's typical physical activity behavioral patterns. However, the presentation of short activity lists has probably resulted in some underreporting.
- (3) Seasonality Effect: The reference period for physical activity was the last three months. As data collection occurred in late September and October, the recall period would refer to the summer months when activity would be higher.³

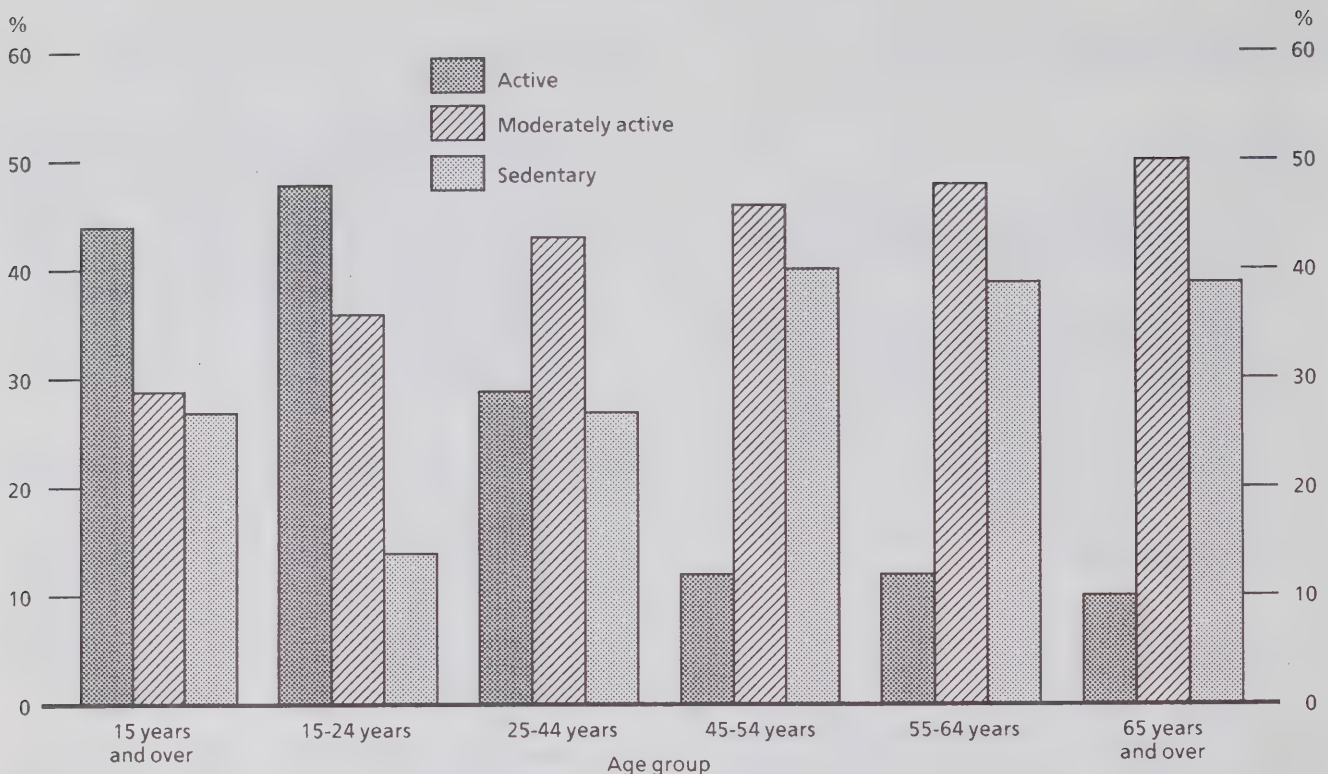
RESULTS

Overall, 27% of the adult population were classified as active, 44% as moderately active, and 29% as sedentary (Table 12). Differences between the sexes occur in the active categories. Both are equally likely to be sedentary. Women tend to be moderately active (47% vs 40% for men) while men tend to be active / 31% of males are classified as active as compared to 23% for women.

As shown in Figure E activity decreases with age. Dramatic declines in the proportion of the population classified as active occur after youth (15-24), when the active population drops from 48% to 29% of those 25-44. It drops steeply again in the 45-54 year age group to 12%, after which it stabilizes.

Although equal portions of men and women are classified as sedentary, the age when this occurs is different for the sexes. Males are more likely than women to be classified as sedentary at all ages except in youth (15-24) and in old age (65+).

Figure E
Level of Physical Activity, by Age Group, Canada, 1985



Region

Quebec and the Atlantic region have the lowest proportion of their populations classified as active (24%). British Columbia has the highest at 31%. British Columbia has other notable distinctions: although the disparity is still present, B.C. men and women exhibit the smallest difference in proportions in the active category (34% male vs 28% female); B.C. seniors remain active with over 15% of this group in this category. With the exception of Ontario with 11% of its seniors active, this is almost twice the rate observed in the other regions.

Type of Smoker

Regular cigarette smokers are over-represented in the sedentary category at 35% and under-represented in the active category (20%) (Table 13). The comparable proportions for the population are 29% and 27% respectively. The opposite trend is observed for those who never smoked. They are under-represented in the sedentary category at 26% and over-represented in the active category (31%). The sexes behave similarly for these two groups. However, gender

differences in behaviour are observed for former smokers. Females appear to do better in the transition to a healthier lifestyle than do males. They have not only kicked the habit but are active as well. Male former smokers on the other hand, exhibit the lifestyle observed of regular smokers.

Happiness

Adults who are active tend to be happier than those who are not – 53% of those in the active category report themselves as very happy as compared to 43% of those in the sedentary category (Table 14, only row percentages). Conversely, only 2% of those who are active report they are unhappy. Three times this rate is observed for those who are sedentary (6%). These trends are true for the both sexes and become more pronounced with age.

Self-Rated Health Status

Activity decreases with decrease in self-rated health status such that only 6% of those who rate their health status as poor are active. This relationship, although true for the both sexes, is stronger for females than it is for males (Table 15).

Contact with Health Professionals

Those who are physically active are more likely to have had contact with a health professional in the past 12 months than those who are sedentary – 92% vs 87% (Table 16). This finding holds true for both sexes and all ages. Health professionals include general practitioners, medical specialists, dentists and nurses. A contact could have been for an annual checkup or in response to illness.

DISCUSSION

The summary kilocalorie score used in this report should be regarded as an indicator rather than an absolute level of energy expenditure in leisure time. It incorporates the three important dimensions of physical activity – frequency, duration and intensity – but does not account for variations in intensity that exist among individuals for a given activity. It was chosen as the summary measure because the 'active' category defined in this manner corresponds to significantly lower death rates and increased life expectancies. Using this definition, 27% of the adult Canadian population, 31% of males and 23% of females, are active enough to anticipate additional years of life expectancy. This estimate is very close to that made for 1981⁴ of 25% (28% of males, 21% of females) using stringent criteria to define the proportion of the population obtaining increased cardiovascular benefits from exercise. This apparent gain from 1981, albeit small and perhaps an artifact of the different

classifications employed, is in line with the trend of increased physical activity observed over the last decade.⁵

These findings leave room for substantial improvement as over 73% of the population were not engaging in sufficient leisure time physical activity to be classified in the optimum category. Nor does the group most at risk, those classified as sedentary, appear to be obtaining sufficient physical activity in their major activity to compensate for this shortfall. Over 83% of this group reported their level of physical effort at work and other daily activities as 'light' or 'moderate'. Their perception of the amount of physical activity they are obtaining is not altogether encouraging, either. The majority (58%) believe they are getting too little exercise but there remains 43% of this group who believe they exercise sufficiently.

Other major findings of the General Social Survey are similar to those of recent surveys:⁶ men at both extremes of the physical activity continuum while women tend to be moderate in their approach; sharp declines in physical activity after youth and in middle-age; increased prevalence of physical activity east to west;⁷ association of exercise with non-smoking, annual checkups and stronger emotional and perceived health.

Whilst the cross-sectional nature of the survey data do not allow cause and effect relationships to be defined for these associations the enormous amount of evidence accumulated on the relationship between physical activity and health status points to the benefits of engaging in an active lifestyle.

NOTES

- 1 Paffenbarger, R.S., Hyde, R.T., Wing, A.L., Hsieh, C., Physical Activity, All-Cause Mortality, and Longevity of College Alumni. *The New England Journal of Medicine*, 1986; 314:10:605-613.
- 2 Vigorous: running or jogging; tennis; swimming; racquetball/squash. Mixed: bicycling; exercise in a class or at home. Light: light physical exercise.
- 3 Stephens T., Craig C.L. Fitness and activity measurement in the 1981 Canada Fitness Survey. *Proceedings of the Workshop on Assessing Physical Fitness and Activity Patterns in General Population Surveys*, Warrenton, V.A., June 1985.
- 4 Stephens T., Craig C.L. and Ferris B.F., Adult physical activity in Canada: findings from the Canada Fitness Survey. *Canadian Journal of Public Health*, 1986; 77: 285-290.
- 5 Stephens, T. Secular trends in Adult Physical Activity: Exercise Boom or Bust? *Research Quarterly for Exercise and Sport*, 1987 (in print).
- 6 For example, see: Health and Welfare Canada and Statistics Canada. *The Health of Canadians: Report of the Canada Health Survey*, Cat. 82-538. Ottawa. Minister of Supply and Services 1981. *Canada Fitness Survey, Fitness and Lifestyle in Canada*. Ottawa: Canada Fitness Survey, May 1983.
- 7 Presentation by province rather than region has shown activity patterns in Nova Scotia second only to British Columbia (Stephens, Craig and Ferris, op. cit.)

TABLE 12
Population 15 Years of Age and Over by Activity Level by Age Group and Sex, Canada and Regions, 1985

Age group, sex and region		Activity level				
		Total	Sedentary	Moderately active	Active	Not stated
in thousands						
All age groups						
Both sexes						
Canada	No.	19,668	5,657	8,565	5,213	233
	%	100	29	44	27	1
Atlantic	No.	1,751	542	761	412	36
	%	100	31	43	24	2
Quebec	No.	5,163	1,649	2,282	1,218	--
	%	100	32	44	24	--
Ontario	No.	7,133	1,991	3,046	2,008	89 *
	%	100	28	43	28	1 *
Prairies	No.	3,350	922	1,496	881	52 *
	%	100	28	45	26	2 *
British Columbia	No.	2,270	553	981	694	42 *
	%	100	24	43	31	2 *
Male						
Canada	No.	9,649	2,712	3,845	2,954	138
	%	100	28	40	31	1
Atlantic	No.	864	244	357	244	20 *
	%	100	28	41	28	2 *
Quebec	No.	2,514	792	1,027	688	--
	%	100	32	41	27	--
Ontario	No.	3,480	940	1,340	1,147	54 *
	%	100	27	39	33	2 *
Prairies	No.	1,672	466	676	499	30 *
	%	100	28	40	30	2 *
British Columbia	No.	1,119	271	444	377	27 *
	%	100	24	40	34	2 *
Female						
Canada	No.	10,019	2,945	4,721	2,259	95 *
	%	100	29	47	23	1 *
Atlantic	No.	887	298	404	169	16 *
	%	100	34	46	19	2 *
Quebec	No.	2,649	857	1,255	530	--
	%	100	32	47	20	--
Ontario	No.	3,653	1,052	1,706	861	35 *
	%	100	29	47	24	1 *
Prairies	No.	1,679	456	820	382	21 *
	%	100	27	49	23	1 *
British Columbia	No.	1,151	282	537	317	--
	%	100	25	47	28	--

TABLE 12
Population 15 Years of Age and Over by Activity Level by Age Group and Sex, Canada and Regions, 1985 – Continued

Age group, sex and region		Activity level				
		Total	Sedentary	Moderately active	Active	Not stated
in thousands						
15-24 years						
Both sexes						
Canada	No.	4,297	606	1,544	2,076	71 *
	%	100	14	36	48	2 *
Atlantic	No.	429	68	162	189	10 *
	%	100	16	38	44	2 *
Quebec	No.	1,104	195	398	506	--
	%	100	18	36	46	--
Ontario	No.	1,538	189	545	788	--
	%	100	12	35	51	--
Prairies	No.	768	99	279	361	29 *
	%	100	13	36	47	4 *
British Columbia	No.	457	55 *	159	232	--
	%	100	12 *	35	51	--
Male						
Canada	No.	2,186	249	699	1,207	32 *
	%	100	11	32	55	1 *
Atlantic	No.	220	39	71	105	--
	%	100	18	33	48	--
Quebec	No.	561	94 *	163	304	--
	%	100	17 *	29	54	--
Ontario	No.	783	67 *	265	450	--
	%	100	9 *	34	57	--
Prairies	No.	390	38 *	119	215	18 *
	%	100	10 *	31	55	5 *
British Columbia	No.	232	--	80 *	134	--
	%	100	--	34 *	57	--
Female						
Canada	No.	2,111	357	846	869	39 *
	%	100	17	40	41	2 *
Atlantic	No.	210	29	91	84	--
	%	100	14	43	40	--
Quebec	No.	543	101 *	235	202	--
	%	100	19 *	43	37	--
Ontario	No.	755	123 *	280	339	--
	%	100	16 *	37	45	--
Prairies	No.	379	61	160	147	--
	%	100	16	42	39	--
British Columbia	No.	224	44 *	79 *	98	--
	%	100	20 *	35 *	44	--

TABLE 12
Population 15 Years of Age and Over by Activity Level by Age Group and Sex, Canada and Regions, 1985 – Continued

Age group, sex and region		Activity level				
		Total	Sedentary	Moderately active	Active	Not stated
in thousands						
25-44 years						
Both sexes						
Canada	No.	8,061	2,162	3,495	2,304	100 *
	%	100	27	43	29	1 *
Atlantic	No.	698	214	298	168	18 *
	%	100	31	43	24	3 *
Quebec	No.	2,181	642	1,002	532	--
	%	100	29	46	24	--
Ontario	No.	2,847	721	1,203	881	43 *
	%	100	25	42	31	2 *
Prairies	No.	1,411	365	640	391	16 *
	%	100	26	45	28	1 *
British Columbia	No.	924	221	354	332	--
	%	100	24	38	36	--
Male						
Canada	No.	4,021	1,102	1,542	1,311	66 *
	%	100	27	38	33	2 *
Atlantic	No.	349	90	138	107	13 *
	%	100	26	40	31	4 *
Quebec	No.	1,086	353	433	297	--
	%	100	32	40	27	--
Ontario	No.	1,407	350	516	509	33 *
	%	100	25	37	36	2 *
Prairies	No.	718	189	302	218	--
	%	100	26	42	30	--
British Columbia	No.	461	120	153	180	--
	%	100	26	33	39	--
Female						
Canada	No.	4,039	1,060	1,954	992	34 *
	%	100	26	48	25	1 *
Atlantic	No.	349	123	159	61	--
	%	100	35	46	17	--
Quebec	No.	1,095	289	569	235	--
	%	100	26	52	21	--
Ontario	No.	1,440	371	687	372	--
	%	100	26	48	26	--
Prairies	No.	693	175	337	173	--
	%	100	25	49	25	--
British Columbia	No.	462	101	201	152	--
	%	100	22	43	33	--

TABLE 12
Population 15 Years of Age and Over by Activity Level by Age Group and Sex, Canada and
Regions, 1985 – Continued

Age group, sex and region		Activity level				
		Total	Sedentary	Moderately active	Active	Not stated
in thousands						
45-54 years						
Both sexes						
Canada	No.	2,527	1,013	1,167	304	42 *
	%	100	40	46	12	2 *
Atlantic	No.	206	74	103	25 *	--
	%	100	36	50	12 *	--
Quebec	No.	681	311	290	79 *	--
	%	100	46	43	12 *	--
Ontario	No.	949	376	451	97 *	--
	%	100	40	48	10 *	--
Prairies	No.	400	150	189	58	--
	%	100	38	47	15	--
British Columbia	No.	291	102	133	44 *	--
	%	100	35	46	15 *	--
Male						
Canada	No.	1,267	561	510	165	30 *
	%	100	44	40	13	2 *
Atlantic	No.	105	41	52	11 *	--
	%	100	39	49	11 *	--
Quebec	No.	335	160	135	40 *	--
	%	100	48	40	12 *	--
Ontario	No.	476	207	189	60 *	--
	%	100	44	40	13 *	--
Prairies	No.	203	91	79	32 *	--
	%	100	45	39	16 *	--
British Columbia	No.	149	62 *	55 *	--	--
	%	100	42 *	37 *	--	--
Female						
Canada	No.	1,260	452	657	139	--
	%	100	36	52	11	--
Atlantic	No.	101	33 *	52	14 *	--
	%	100	33 *	51	14 *	--
Quebec	No.	346	151	155	39 *	--
	%	100	44	45	11 *	--
Ontario	No.	474	168	262	37 *	--
	%	100	36	55	8 *	--
Prairies	No.	197	59	110	26 *	--
	%	100	30	56	13 *	--
British Columbia	No.	142	40 *	77 *	23 *	--
	%	100	28 *	54 *	16 *	--

TABLE 12
Population 15 Years of Age and Over by Activity Level by Age Group and Sex, Canada and Regions, 1985 – Continued

Age group, sex and region		Activity level				
		Total	Sedentary	Moderately active	Active	Not stated
in thousands						
55-64 years						
Both sexes						
Canada	No.	2,311	906	1,117	281	--
	%	100	39	48	12	--
Atlantic	No.	185	74	97	13 *	--
	%	100	40	52	7 *	--
Quebec	No.	605	247	308	50 *	--
	%	100	41	51	8 *	--
Ontario	No.	884	351	387	144	--
	%	100	40	44	16	--
Prairies	No.	361	143	179	38	--
	%	100	40	50	10	--
British Columbia	No.	275	91	147	37 *	--
	%	100	33	54	13 *	--
Male						
Canada	No.	1,109	473	521	113	--
	%	100	43	47	10	--
Atlantic	No.	88	33	45	9 *	--
	%	100	38	51	10 *	--
Quebec	No.	286	115	153	--	--
	%	100	40	54	--	--
Ontario	No.	425	194	170	62 *	--
	%	100	46	40	14 *	--
Prairies	No.	176	81	80	15 *	--
	%	100	46	45	9 *	--
British Columbia	No.	133	50 *	74	--	--
	%	100	37 *	55	--	--
Female						
Canada	No.	1,202	433	596	168	--
	%	100	36	50	14	--
Atlantic	No.	97	41	52	--	--
	%	100	42	53	--	--
Quebec	No.	319	132	155	32 *	--
	%	100	41	48	10 *	--
Ontario	No.	459	157	217	83 *	--
	%	100	34	47	18 *	--
Prairies	No.	185	62	99	22 *	--
	%	100	34	54	12 *	--
British Columbia	No.	142	41 *	73	27 *	--
	%	100	29 *	52	19 *	--

TABLE 12
Population 15 Years of Age and Over by Activity Level by Age Group and Sex, Canada and
Regions, 1985 - Concluded

Age group, sex and region		Activity level				
		Total	Sedentary	Moderately active	Active	Not stated
in thousands						
65 years and over						
Both sexes						
Canada	No.	2,472	970	1,241	247	--
	%	100	39	50	10	--
Atlantic	No.	232	111	101	17 *	--
	%	100	48	44	7 *	--
Quebec	No.	592	254	283	51 *	--
	%	100	43	48	9 *	--
Ontario	No.	915	355	459	98 *	--
	%	100	39	50	11 *	--
Prairies	No.	411	166	209	33 *	--
	%	100	40	51	8 *	--
British Columbia	No.	323	84	189	49 *	--
	%	100	26	58	15 *	--
Male						
Canada	No.	1,065	327	573	157	--
	%	100	31	54	15	--
Atlantic	No.	103	40	51	11 *	--
	%	100	39	50	10 *	--
Quebec	No.	246	71 *	142	29 *	--
	%	100	29 *	58	12 *	--
Ontario	No.	389	123	200	66 *	--
	%	100	32	51	17 *	--
Prairies	No.	185	67	96	19 *	--
	%	100	36	52	10 *	--
British Columbia	No.	143	28 *	83	33 *	--
	%	100	20 *	58	23 *	--
Female						
Canada	No.	1,407	643	669	89 *	--
	%	100	46	48	6 *	--
Atlantic	No.	129	72	50	6 *	--
	%	100	55	39	5 *	--
Quebec	No.	346	184	141	--	--
	%	100	53	41	--	--
Ontario	No.	526	232	259	31 *	--
	%	100	44	49	6 *	--
Prairies	No.	226	99	112	14 *	--
	%	100	44	50	6 *	--
British Columbia	No.	180	56 *	106	17 *	--
	%	100	31 *	59	9 *	--

TABLE 13
Population 15 Years of Age and Over by Activity Level by Sex and Type of Smoker, Canada, 1985

Sex and type of smoker		Activity level				
		Total	Sedentary	Moderately active	Active	Not stated
in thousands						
Both sexes						
Total - Type of smoker	No.	19,668	5,657	8,565	5,213	233
	%	100	29	44	27	1
Regular smoker	No.	5,985	2,095	2,619	1,205	65 *
	%	100	35	44	20	1 *
Occasional smoker	No.	854	190	348	310	--
	%	100	22	41	36	--
Pipe or cigar	No.	261	85 *	111	62 *	--
	%	100	32 *	43	24 *	--
Never smoked	No.	8,317	2,124	3,506	2,590	97 *
	%	100	26	42	31	1 *
Former smoker	No.	4,051	1,112	1,909	986	44 *
	%	100	27	47	24	1 *
Not stated	No.	201	52 *	72 *	60 *	--
	%	100	26 *	36 *	30 *	--
Male						
Total - Type of smoker	No.	9,649	2,712	3,845	2,954	138
	%	100	28	40	31	1
Regular smoker	No.	3,196	1,158	1,285	714	39 *
	%	100	36	40	22	1 *
Occasional smoker	No.	422	97 *	163	156	--
	%	100	23 *	39	37	--
Pipe or cigar	No.	246	84 *	102	58 *	--
	%	100	34 *	42	24 *	--
Never smoked	No.	3,275	638	1,161	1,425	52 *
	%	100	19	35	44	2 *
Former smoker	No.	2,409	709	1,107	566	27 *
	%	100	29	46	24	1 *
Not stated	No.	101	26 *	26 *	36 *	--
	%	100	26 *	26 *	36 *	--
Female						
Total - Type of smoker	No.	10,019	2,945	4,721	2,259	95 *
	%	100	29	47	23	1 *
Regular smoker	No.	2,789	937	1,334	491	26 *
	%	100	34	48	18	1 *
Occasional smoker	No.	433	93 *	185	154	--
	%	100	21 *	43	36	--
Pipe or cigar	No.	--	--	--	--	--
	%	--	--	--	--	--
Never smoked	No.	5,042	1,485	2,346	1,165	46 *
	%	100	29	47	23	1 *
Former smoker	No.	1,641	403	802	420	--
	%	100	25	49	26	--
Not stated	No.	100	26 *	45 *	--	--
	%	100	26 *	45 *	--	--

TABLE 14
Population 15 Years of Age and Over by Activity Level by Age Group and Reported Happiness,
Canada, 1985

Age group and reported happiness		Activity level				
		Total	Sedentary	Moderatively active	Active	Not stated
in thousands						
All age groups						
Total - Reported happiness	No.	19,668	5,657	8,565	5,213	233
	%	100	29	44	27	1
Very happy	No.	9,497	2,428	4,193	2,748	128
	%	100	26	44	29	1
Somewhat happy	No.	9,258	2,823	4,036	2,311	87 *
	%	100	31	44	25	1 *
Unhappy	No.	772	341	300	124	--
	%	100	44	39	16	--
Not stated	No.	141	64 *	37 *	30 *	--
	%	100	45 *	26 *	21 *	--
15-24 years						
Total - Reported happiness	No.	4,297	606	1,544	2,076	71 *
	%	100	14	36	48	2 *
Very happy	No.	2,113	290	686	1,088	48 *
	%	100	14	32	52	2 *
Somewhat happy	No.	2,033	291	799	924	--
	%	100	14	39	45	--
Unhappy	No.	128	--	50 *	52 *	--
	%	100	--	39 *	41 *	--
Not stated	No.	--	--	--	--	--
	%	--	--	--	--	--
25-44 years						
Total - Reported happiness	No.	8,061	2,162	3,495	2,304	100 *
	%	100	27	43	29	1 *
Very happy	No.	4,041	991	1,775	1,221	54 *
	%	100	25	44	30	1 *
Somewhat happy	No.	3,727	1,059	1,604	1,020	43 *
	%	100	28	43	27	1 *
Unhappy	No.	242	90 *	101	48 *	--
	%	100	37 *	42	20 *	--
Not stated	No.	51 *	--	--	--	--
	%	100 *	--	--	--	--
45-64 years						
Total - Reported happiness	No.	4,838	1,919	2,285	586	48 *
	%	100	40	47	12	1 *
Very happy	No.	2,219	776	1,109	314	--
	%	100	35	50	14	--
Somewhat happy	No.	2,308	965	1,074	252	--
	%	100	42	47	11	--
Unhappy	No.	262	150	94 *	--	--
	%	100	57	36 *	--	--
Not stated	No.	49 *	28 *	--	--	--
	%	100 *	58 *	--	--	--
65 years or over						
Total - Reported happiness	No.	2,472	970	1,241	247	--
	%	100	39	50	10	--
Very happy	No.	1,125	371	624	124	--
	%	100	33	55	11	--
Somewhat happy	No.	1,191	509	558	116	--
	%	100	43	47	10	--
Unhappy	No.	140	79 *	54 *	--	--
	%	100	56 *	39 *	--	--
Not stated	No.	--	--	--	--	--
	%	--	--	--	--	--

TABLE 15
Population 15 Years of Age and Over by Activity Level by Sex and Self-Rated Health Status,
Canada, 1985

Sex and self-rated health status		Activity level				
		Total	Sedentary	Moderately active	Active	Not stated
in thousands						
Both sexes						
Total – Health status	No.	19,668	5,657	8,565	5,213	233
	%	100	29	44	27	1
Excellent	No.	6,388	1,449	2,605	2,241	92 *
	%	100	23	41	35	1 *
Good	No.	9,719	2,676	4,406	2,520	117
	%	100	28	45	26	1
Fair	No.	2,866	1,141	1,303	408	--
	%	100	40	45	14	--
Poor	No.	668	384	234	41 *	--
	%	100	58	35	6 *	--
Not stated	No.	28	--	--	--	--
	%	100	--	--	--	--
Male						
Total – Health status	No.	9,649	2,712	3,845	2,954	138
	%	100	28	40	31	1
Excellent	No.	3,190	712	1,129	1,289	60 *
	%	100	22	35	40	2 *
Good	No.	4,731	1,296	1,959	1,408	69 *
	%	100	27	41	30	1 *
Fair	No.	1,371	522	616	228	--
	%	100	38	45	17	--
Poor	No.	341	178	133	26 *	--
	%	100	52	39	8 *	--
Not stated	No.	--	--	--	--	--
	%	--	--	--	--	--
Female						
Total – Health status	No.	10,019	2,945	4,721	2,259	95 *
	%	100	29	47	23	1 *
Excellent	No.	3,198	738	1,476	952	33 *
	%	100	23	46	30	1 *
Good	No.	4,988	1,381	2,447	1,113	48 *
	%	100	28	49	22	1 *
Fair	No.	1,495	620	687	179	--
	%	100	41	46	12	--
Poor	No.	327	205	101	--	--
	%	100	63	31	--	--
Not stated	No.	--	--	--	--	--
	%	--	--	--	--	--

TABLE 16
Population 15 Years of Age and Over by Activity Level by Age Group, Sex and Contact with a Health Professional in the 12 Months Prior to the Survey, Canada, 1985

Age group, sex and contact with health professional		Activity level				
		Total	Sedentary	Moderately active	Active	Not stated
in thousands						
All age groups						
Both sexes						
Total - Contact	No.	19,668	5,657	8,565	5,213	233
	%	100	29	44	27	1
No contact	No.	2,045	689	917	411	28 *
	%	100	34	45	20	1 *
Contact	No.	17,559	4,932	7,634	4,795	199
	%	100	28	43	27	1
Not stated	No.	65 *	36 *	--	--	--
	%	100 *	56 *	--	--	--
Male						
Total - Contact	No.	9,649	2,712	3,845	2,954	138
	%	100	28	40	31	1
No contact	No.	1,369	454	593	299	--
	%	100	33	43	22	--
Contact	No.	8,253	2,246	3,244	2,652	112
	%	100	27	39	32	1
Not stated	No.	27 *	--	--	--	--
	%	100 *	--	--	--	--
Female						
Total - Contact	No.	10,019	2,945	4,721	2,259	95 *
	%	100	29	47	23	1 *
No contact	No.	676	236	324	112	--
	%	100	35	48	17	--
Contact	No.	9,306	2,685	4,390	2,143	87 *
	%	100	29	47	23	1 *
Not stated	No.	37 *	--	--	--	--
	%	100 *	--	--	--	--
15-24 years						
Both sexes						
Total - Contact	No.	4,297	606	1,544	2,076	71 *
	%	100	14	36	48	2 *
No contact	No.	430	81 *	160	179	--
	%	100	19 *	37	42	--
Contact	No.	3,858	519	1,384	1,894	61 *
	%	100	13	36	49	2 *
Not stated	No.	--	--	--	--	--
	%	--	--	--	--	--
Male						
Total - Contact	No.	2,186	249	699	1,207	32 *
	%	100	11	32	55	1 *
No contact	No.	338	49 *	132	149	--
	%	100	15 *	39	44	--
Contact	No.	1,843	197	566	1,055	--
	%	100	11	31	57	--
Not stated	No.	--	--	--	--	--
	%	--	--	--	--	--
Female						
Total - Contact	No.	2,111	357	846	869	39 *
	%	100	17	40	41	2 *
No contact	No.	92 *	32 *	28 *	30 *	--
	%	100 *	35 *	30 *	33 *	--
Contact	No.	2,015	322	818	839	37 *
	%	100	16	41	42	2 *
Not stated	No.	--	--	--	--	--
	%	--	--	--	--	--

TABLE 16
Population 15 Years of Age and Over by Activity Level by Age Group, Sex and Contact with a Health Professional in the 12 Months Prior to the Survey, Canada, 1985 – Concluded

Age group, sex and contact with health professional			Activity level				
			Total	Sedentary	Moderately active	Active	Not stated
in thousands							
25-64 years							
Both sexes							
Total – Contact	No.		12,898	4,081	5,780	2,890	148
	%		100	32	45	22	1
No contact	No.		1,402	533	635	217	--
	%		100	38	45	15	--
Contact	No.		11,455	3,528	5,133	2,669	124
	%		100	31	45	23	1
Not stated	No.		41 *	--	--	--	--
	%		100 *	--	--	--	--
Male							
Total – Contact	No.		6,398	2,136	2,574	1,590	98 *
	%		100	33	40	25	2 *
No contact	No.		920	361	399	143	--
	%		100	39	43	16	--
Contact	No.		5,460	1,767	2,168	1,446	79 *
	%		100	32	40	26	1 *
Not stated	No.		--	--	--	--	--
	%		--	--	--	--	--
Female							
Total – Contact	No.		6,501	1,945	3,206	1,300	50 *
	%		100	30	49	20	1 *
No contact	No.		483	172	236	74 *	--
	%		100	36	49	15 *	--
Contact	No.		5,995	1,761	2,965	1,223	46 *
	%		100	29	49	20	1 *
Not stated	No.		--	--	--	--	--
	%		--	--	--	--	--
65 years or over							
Both sexes							
Total – Contact	No.		2,472	970	1,241	247	--
	%		100	39	50	10	--
No contact	No.		212	75 *	121	--	--
	%		100	35 *	57	--	--
Contact	No.		2,246	885	1,117	231	--
	%		100	39	50	10	--
Not stated	No.		--	--	--	--	--
	%		--	--	--	--	--
Male							
Total – Contact	No.		1,065	327	573	157	--
	%		100	31	54	15	--
No contact	No.		111	43 *	61 *	--	--
	%		100	39 *	55 *	--	--
Contact	No.		950	282	510	150	--
	%		100	30	54	16	--
Not stated	No.		--	--	--	--	--
	%		--	--	--	--	--
Female							
Total – Contact	No.		1,407	643	669	89	--
	%		100	46	48	6	--
No contact	No.		101	32 *	60 *	--	--
	%		100	31 *	60 *	--	--
Contact	No.		1,296	603	607	81 *	--
	%		100	47	47	6 *	--
Not stated	No.		--	--	--	--	--
	%		--	--	--	--	--

2.4 HEALTH CARE SERVICES

HIGHLIGHTS

- Nine out of ten Canadians contacted at least one type of health professional during the year prior to the General Social Survey. Physician consultation is the most frequent type of contact, reported by eight out of ten persons.
- The likelihood of consulting a dentist at least once a year remains unchanged since the Canada Health Survey, at one in two persons. Younger persons are the most likely to have contacted a dentist; six out of ten persons aged 15-24 report at least one dentist consultation in the past year, compared to one in three aged 65-74.
- Older Canadians consult a doctor more frequently than do younger Canadians. Below age 45, one in three persons contacts a physician three or more times per year, compared to two out of three aged 75 and over.
- Lower income Canadians tend to consult a physician more frequently than those with higher incomes. One in two persons in the lowest income quintile reports having three or more physician contacts in the past year compared to one in three in the highest quintile.
- Higher income Canadians are more likely to consult a dentist at least once a year. Nearly seven out of ten persons in the highest income quintile report at least one dentist contact, compared to three out of ten in the lowest quintile.

METHODS

The utilization of health care services during the 12 months prior to the General Social Survey was determined through a series of questions presented in Section C of the questionnaire. First, respondents were asked (Q.20) if they had seen or talked to a medical doctor about their health during the two-week period prior to the Survey. Those who replied positively were asked further for the reason for this contact. Second,

respondents were asked (Q.22-Q.25) about the number of times that they had seen or talked to each of four categories of health professional during the past 12 months. These were: general practitioner, medical specialist, dentist and nurse. Third, respondents were asked (Q.26) if they had spent any nights as a patient in a hospital, nursing home or convalescent home during the past 12 months. Finally, respondents were asked (Q.2) "how long ago did you last have your blood pressure checked?".

RESULTS

Contact with Health Professionals in the Past Year

In the total population, 9 out of 10 Canadians have contacted at least one type of health professional (of those listed in the questionnaire) during the past year. Physician consultation is the most frequently reported type of contact, with 8 out of 10 persons having at least one consultation (Table 17). This represents a slight increase since the time of the Canada Health Survey (76%).¹ The overall likelihood of contact with a dentist remains unchanged since the Canada Health Survey; one in two Canadians report having done so in the past 12 months¹. Contact with a nurse is the least frequently reported among the four types, with one in ten persons having had such a consultation.

Males and females have different utilization patterns by age. Among females, the likelihood of physician contact during the past year is high (87%) at all ages, with the lowest proportion observed in the 45-54 group (84%). In comparison, seven out of ten males below the age of 55 report at least one physician contact; this figure increases to more than eight out of ten in the 65 and over group. The gap between males and females in the likelihood of physician contact is widest in the 15-24 group, and narrowest in the 65-74 group.

The likelihood of consultation with a dentist declines steadily with age, dropping most sharply after age 44. Six out of ten persons in the 15-24 age group report at least one contact with a dentist in the past year, compared to just one in three aged 65-74, and one in five aged 75 and over. Similar proportions of males and females report dentist contacts in all age groups except the 25-44 and 75 and over groups, where females report a somewhat higher utilization.

At younger ages nurse consultation is reported most frequently by females aged 15-24 (14%). Thereafter, this proportion remains low for all age and sex groups, rising again in the 75 and over group to reach 17%.

Across regions there is very little difference in the likelihood of consulting a physician in the past year (Table 18). Greater variation in the use of dental care and the likelihood of nurse consultation is evident across regions. Four out of ten persons in Quebec report having consulted a dentist, in comparison to nearly six out of ten in Ontario. Residents of Ontario are the most likely to have discussed their health with a nurse (13%) while those from Quebec and British Columbia are the least likely (7% and 8%).

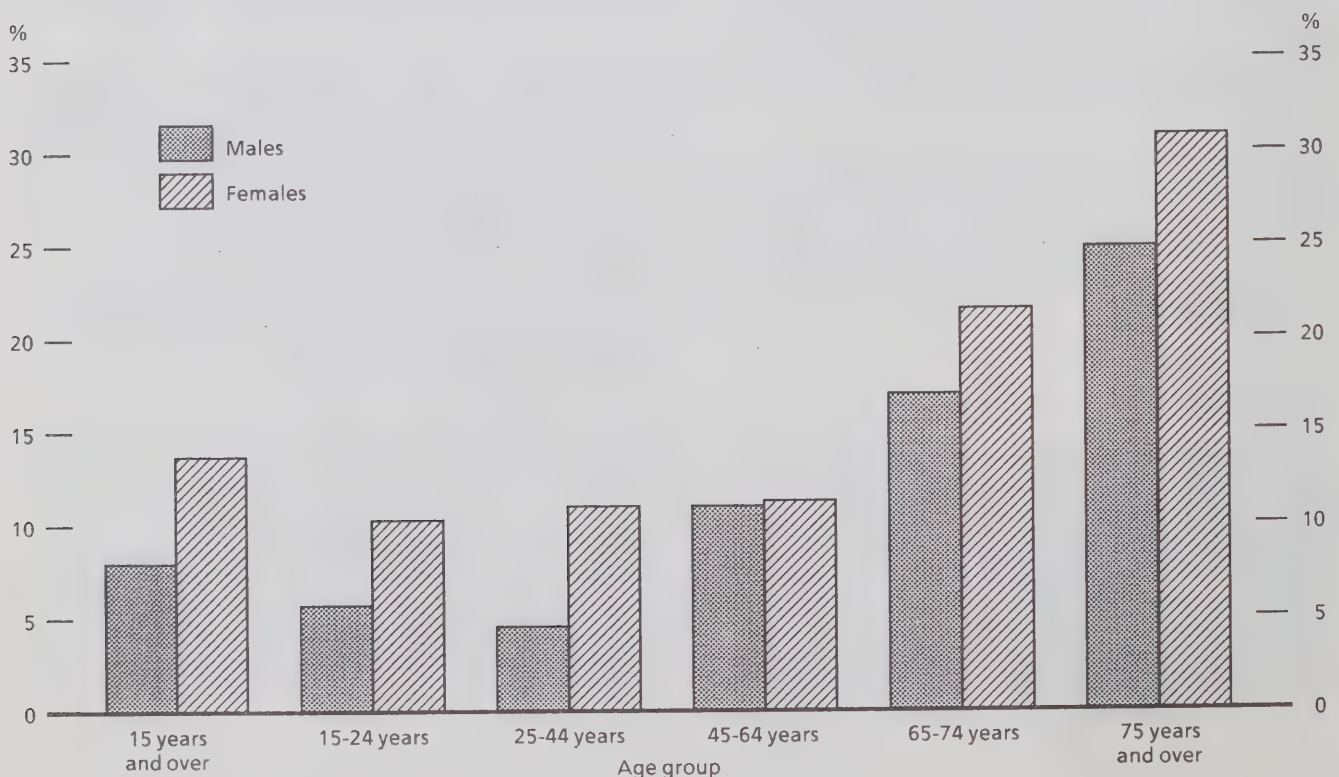
Wider regional variation in the likelihood of physician contact is evident when examining the findings by sex. Across all age groups, British Columbia males are the most likely to have consulted a physician (79%) with the lowest proportion found in Quebec (70%). Among females, those in British Columbia are the least likely to have consulted a physician (84%); the highest proportions are observed in Ontario and the Prairie Provinces (88%). Similar regional patterns of dentist and nurse consultation were observed for both males and females.

Frequency of Physician Contact in the Past 12 Months

Table 19 examines the annual frequency of physician contact in the 12 months leading up to the survey. Canadians are most likely to consult a physician on just one or two occasions per year (41%) and least likely to report 10 or more consultations per year (11%). The positive relationship between age and the likelihood of a physician contact is even more pronounced when further classified by frequency of contact. Below age 45, one out of three Canadians consults a physician three or more times per year; this figure increases to more than one in two in the 65-74 group, and reaches two out of three in the 75 and over age group. At each age, females report a higher frequency of physician contact than do males, although the difference narrows with increasing age. Females aged 75 or over are the group most likely to report a high frequency of physician consultation, with nearly one in three reporting 10 or more contacts during the previous year, compared to one in ten persons in the total population.

Figure F highlights sex differences by age for those with 10 or more physician contacts in the last 12 months.

Figure F
Proportion of the Population Reporting 10 or More Physician Contacts During the Past 12 Months, by Age Group and Sex, Canada, 1985



Household Income

Numerous studies, many of which were reviewed in the comprehensive 1980 **Report of the Working Group on Inequalities in Health in Great Britain**,² have reported that while health status has steadily improved in industrialized countries throughout this century, persistent social inequalities in health remain. This being the case, it might be expected that if insured medical care is available, those with lower socioeconomic status, who tend to have poorer health, will report more frequent use of medical care. Tables 20 and 21 examine the frequency of physician consultation in the past 12 months by household income group, by sex and by age, and Table 23 examines the frequency of dentist consultations by income and by age. Household income has been grouped into approximate quintiles³.

Table 20 shows that there is little variation in the likelihood of reporting at least one physician contact in the previous year across income quintiles. However, among those who do report a consultation there is a negative relationship between income and the frequency of physician contact. One in two persons in the lowest income quintile report having three or more physician consultations in the last year, compared to one in three in the highest quintile. When examined by sex, females in the lowest income quintile emerge as having the highest frequency of physician contact with 57% reporting three or more consultations; however, the difference between the bottom and top quintiles is no greater for females than for males. Males in the top two quintiles (\$35,000 and greater) are the least likely to report three or more consultations.

When the relationship between frequency of physician consultation and income is examined by age group, a clear negative relationship remains for age groups below 65 and is concentrated in the 10 consultations and over category (Table 21). In both the 25-44 and 45-64 age groups, those in the lowest income quintile are more than twice as likely as those in the highest quintile to report 10 or more physician contacts. In the 65 and over age group, there is no consistent pattern across levels of income.

It has been suggested² that while high and low income persons might be equally likely to report at least one physician contact during a specified period of time, they do so for different reasons. Higher income persons, it has been suggested,

are more likely to consult a physician for preventive reasons, such as an annual check-up, while lower income persons are more likely to contact a doctor as a result of illness or other health problem. Table 22 provides no support for this hypothesis. First, nearly one in four persons in the lowest income quintile reported a physician contact in the two weeks prior to the survey, compared to one in six persons in the highest income quintile. Second, those who did consult a doctor were most likely to cite "illness or health problem" as the main reason in all income quintiles. If one were to classify "medical check-up" as preventive health care it may be seen that this category is cited proportionately more frequently by persons in the lowest income quintile. Considering just those persons who did report a physician contact in the two weeks prior to the General Social Survey, "medical check-up" was cited as the reason by 37% of those in the lowest quintile, compared to 29% of persons in the highest quintile.

Frequency of Dentist Consultations

Table 23 shows that there is a strong positive relationship between income and the likelihood of dentist consultation. The largest differences observed across income categories are in terms of the percentages of those reporting no contact with a dentist and those reporting at least one contact. Persons in the highest income quintile are more than twice as likely to report at least one dentist consultation in the past 12 months (68%) than those in the lowest quintile (33%). In the 15-24 age group, more than five out of ten persons in the lowest income group have consulted a dentist in the past year (55%), compared to eight out of ten in the highest income group (80%).

This relationship is observed in all age groups with the largest difference occurring among the 65 and over group, where just over two out of ten persons (22%) in the lowest income quintile report a dentist consultation, compared to more than six out of ten in the highest quintile (65%).

Recency of Last Blood Pressure Check

According to the Canada Health Survey findings, in 1978 there were more than 1.7 million Canadians with high blood pressure. Of this number, more than 1.1 million were unaware of the fact.¹ As there are commonly no symptoms that accompany hypertension, it is important to have blood pressure checked at an appropriate interval. Table 24 examines the recency of the last blood pressure check, by age and sex.

Much has been written in the past few years on the most effective strategies for the identification and control of high blood pressure in the population.⁴ Most guidelines on the appropriate intervals of blood pressure checks are specific to whether or not high blood pressure has been identified, rather than related to certain age groups. One recent set of recommendations has suggested that persons aged 18 or over with a normal blood pressure level should have it rechecked within two years.⁵ Annual or more frequent checks are recommended for persons identified as having high blood pressure or possibly having it.

In the 15-24 age group 7% of the population, numbering some 300,000, report that they have never had their blood pressure checked. In the 25-44 group 14% of the population have not had their blood pressure checked within the past two years, with males in this group being nearly twice as likely not to have had their blood pressure checked as females (19% vs 10%).

In the 65 and older age range, more than nine out of ten persons have had their blood pressure checked within the last two years (93%); 88% of them report having had such a check within the last year.

In summary, while a majority of Canadians report having had their blood pressure checked recently, nearly one in seven persons in the total population (15%), numbering more than two and one-half million persons, have not had their blood pressure checked within the last two years. Nearly one-half of these are found in the 25-44 group, where 14% of persons have not had their blood pressure checked within the past two years.

DISCUSSION

The use of a 12-month recall period for the frequency of health care contact may result in an under-estimate of this value. Analyses of data from the National Health Interview Survey in the United States have shown, for example, that annual estimates of physician visits that are based on a two-week recall period are higher than those that are based on a 12 month period.⁶ Estimates based on a longer period are more useful, however, in identifying groups of individuals who tend to use more health services than others.

Differences in the frequency of consulting physicians and dentists appear to be related to the extent of insurance coverage. While medical care insurance is essentially universal in Canada, dental services are not as extensively insured. It has been estimated that in 1982, just over one-half of the Canadian population (56%) was eligible for benefits under some form of dental care program.⁷

A comparison of these findings with those of the Canada Health Survey indicates that there has been little change in the overall likelihood of visiting or consulting a dentist on at least an annual basis. In the 15-24 age group the proportion of persons reporting no consultations with a dentist has dropped from 42% to 38%. It would appear that income and insurance coverage may be factors accounting for lower utilization, since there is a wide difference between the lowest and highest income quintiles in the likelihood of at least one dentist contact at all ages. Nevertheless, nearly one in three persons in the highest income quintile reports no dentist contacts in the previous year, suggesting that there are additional factors that need to be studied.

NOTES

- 1 Health and Welfare Canada and Statistics Canada, *The Health of Canadians: Report of the Canada Health Survey*, Cat. 82-538, Ottawa, Ministry of Supply and Services Canada, 1981.
- 2 Report of the Working Group on Inequalities in Health, 1980, p.96.
- 3 These quintiles have not been adjusted for family or community size.
- 4 Federal/Provincial Working Group on the Prevention and Control of High Blood Pressure in Canada, *The Prevention and Control of High Blood Pressure in Canada*, Ottawa, Health and Welfare Canada, 1986.
- 5 Joint National Committee on Detection, Evaluation, and Treatment of High Blood Pressure, *The 1984 Report of the Joint National Committee on Detection, Evaluation, and Treatment of High Blood Pressure*, Archives of Internal Medicine, 1984; 144: 1045-1057.
- 6 Cohen, Bruce, Pennifer Erickson and Anita Powell, The Impact of Length of Recall Period on the Estimation of Health Events. pp. 497-502 in *Proceedings of the Social Statistics Section, American Statistical Association Annual Meeting*, Toronto, 1983.
- 7 Stamm, J.W., M. Waller, D.W. Lewis and G.L. Stoddart, *Dental Care Programs in Canada: Historical Development, Current Status and Future Directions*, Ottawa, Minister of Supply and Services Canada, 1986.

TABLE 17
Population 15 Years of Age and Over by Consultations with Health Professionals in the 12 Months Prior to the Survey, by Type of Health Professional, by Age Group and Sex, Canada, 1985

Age Group and Sex	Consultations with health professional by type									
	Total		No consultations		Physician consulted		Dentist consulted		Nurse consulted	
	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent
in thousands										
All age groups										
Both sexes	19,668	100	2,045	10	15,842	81	9,960	51	2,033	10
Male	9,649	100	1,369	14	7,144	74	4,704	49	890	9
Female	10,019	100	676	7	8,698	87	5,256	52	1,143	11
15-24 years										
Both sexes	4,297	100	430	10	3,394	79	2,655	62	554	13
Male	2,186	100	338	15	1,547	71	1,314	60	249	11
Female	2,111	100	92 *	4 *	1,847	87	1,341	64	304	14
25-44 years										
Both sexes	8,061	100	851	11	6,383	79	4,609	57	741	9
Male	4,021	100	592	15	2,883	72	2,133	53	327	8
Female	4,039	100	259	6	3,499	87	2,476	61	413	10
45-54 years										
Both sexes	2,527	100	318	13	1,964	78	1,081	43	168	7
Male	1,267	100	195	15	904	71	537	42	77 *	6 *
Female	1,260	100	123	10	1,060	84	543	43	91 *	7 *
55-64 years										
Both sexes	2,311	100	233	10	1,936	84	895	39	251	11
Male	1,109	100	133	12	897	81	423	38	117	11
Female	1,202	100	101	8	1,039	86	472	39	135	11
65-74 years										
Both sexes	1,573	100	142	9	1,365	87	518	33	170	11
Male	722	100	71 *	10 *	617	85	236	33	71 *	10 *
Female	851	100	71 *	8 *	748	88	282	33	99	12
75 years and over										
Both sexes	900	100	70 *	8 *	801	89	201	22	150	17
Male	344	100	39 *	11 *	296	86	60 *	17 *	49 *	14 *
Female	556	100	30 *	5 *	506	91	141	25	101	18

TABLE 18
Population 15 Years of Age and Over by Consultations with Health Professionals in the 12 Months Prior to the Survey, by Type of Health Professional, by Sex, Canada and Regions, 1985

Sex and region	Consultations with health professional by type									
	Total		No consultations		Physician consulted		Dentist consulted		Nurse consulted	
	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent
in thousands										
Both Sexes										
Canada	19,668	100	2,045	10	15,842	81	9,960	51	2,033	10
Atlantic	1,751	100	210	12	1,386	79	810	46	183	10
Quebec	5,163	100	708	14	4,033	78	2,065	40	382	7
Ontario	7,133	100	564	8	5,853	82	4,156	58	926	13
Prairies	3,350	100	362	11	2,716	81	1,697	51	355	11
British Columbia	2,270	100	201	9	1,856	82	1,231	54	187	8
Male										
Canada	9,649	100	1,369	14	7,144	74	4,704	49	890	9
Atlantic	864	100	142	16	624	72	374	43	81	9
Quebec	2,514	100	463	18	1,764	70	957	38	148	6
Ontario	3,480	100	386	11	2,627	75	1,978	57	412	12
Prairies	1,672	100	249	15	1,245	75	812	49	164	10
British Columbia	1,119	100	128	11	884	79	583	52	85 *	8 *
Female										
Canada	10,019	100	676	7	8,698	87	5,256	52	1,143	11
Atlantic	887	100	68	8	762	86	436	49	103	12
Quebec	2,649	100	244	9	2,269	86	1,108	42	234	9
Ontario	3,653	100	178	5	3,225	88	2,179	60	514	14
Prairies	1,679	100	114	7	1,470	88	885	53	191	11
British Columbia	1,151	100	72 *	6 *	972	84	648	56	102	9

TABLE 19

Population 15 Years of Age and Over by Number of Consultations with a Physician in the 12 Months Prior to the Survey, by Age Group and Sex, Canada, 1985

Age Group and Sex	Number of consultations											
	Total		None		1 – 2		3 – 9		10 or more		Not stated	
	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent
in thousands												
All age groups												
Both sexes	19,668	100	3,739	19	8,109	41	5,570	28	2,082	11	169	1
Male	9,649	100	2,474	26	3,989	41	2,354	24	780	8	52 *	1 *
Female	10,019	100	1,265	13	4,120	41	3,215	32	1,302	13	117	1
15-24 years												
Both sexes	4,297	100	889	21	1,911	44	1,125	26	344	8	28 *	1
Male	2,186	100	638	29	947	43	471	22	127	6	--	--
Female	2,111	100	251	12	964	46	653	31	217	10	--	--
25-44 years												
Both sexes	8,061	100	1,662	21	3,661	45	2,057	26	632	8	48 *	1 *
Male	4,021	100	1,135	28	1,845	46	847	21	183	5	--	--
Female	4,039	100	527	13	1,816	45	1,210	30	449	11	38 *	1 *
45-54 years												
Both sexes	2,527	100	538	21	965	38	796	32	193	8	35 *	1 *
Male	1,267	100	345	27	441	35	370	29	93 *	7 *	--	--
Female	1,260	100	193	15	523	42	427	34	100	8	--	--
55-64 years												
Both sexes	2,311	100	361	16	892	39	688	30	347	15	24 *	1 *
Male	1,109	100	207	19	434	39	292	26	168	15	--	--
Female	1,202	100	154	13	458	38	396	33	179	15	--	--
65-74 years												
Both sexes	1,573	100	202	13	482	31	565	36	309	20	--	--
Male	722	100	104	14	234	32	254	35	124	17	--	--
Female	851	100	98	12	248	29	310	36	185	22	--	--
75 years and over												
Both sexes	900	100	87	10	197	22	339	38	258	29	--	--
Male	344	100	44 *	13 *	88	26	120	35	86	25	--	--
Female	556	100	43 *	8 *	110	20	219	39	172	31	--	--

TABLE 20

Population 15 Years of Age and Over by Number of Consultations with a Physician in the 12 Months Prior to the Survey, by Sex and Household Income, Canada, 1985

Sex and household income	Number of consultations											
	Total		None		1 - 2		3 - 9		10 or more		Not stated	
	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent
in thousands												
Both sexes												
Total - Household income	19,668	100	3,739	19	8,109	41	5,570	28	2,082	11	169	1
Less than \$15,000	2,545	100	397	16	807	32	784	31	529	21	28 *	1 *
\$15,000 - \$24,999	2,385	100	489	21	995	42	658	28	228	10	--	--
\$25,000 - \$34,999	2,467	100	402	16	1,070	43	737	30	249	10	--	--
\$35,000 - \$49,999	2,586	100	495	19	1,221	47	670	26	188	7	--	--
\$50,000 and over	2,451	100	459	19	1,149	47	675	28	159	6	--	--
Unknown or not stated	7,234	100	1,497	21	2,866	40	2,044	28	730	10	98 *	1 *
Male												
Total - Household income	9,649	100	2,474	26	3,989	41	2,354	24	780	8	52 *	1 *
Less than \$15,000	1,051	100	250	24	319	30	283	27	188	18	--	--
\$15,000 - \$24,999	1,239	100	318	26	508	41	323	26	85 *	7 *	--	--
\$25,000 - \$34,999	1,378	100	281	20	635	46	346	25	114	8	--	--
\$35,000 - \$49,999	1,334	100	362	27	605	45	286	21	74 *	6 *	--	--
\$50,000 and over	1,465	100	358	24	687	47	366	25	55 *	4 *	--	--
Unknown or not stated	3,181	100	904	28	1,235	39	750	24	265	8	28 *	1 *
Female												
Total - Household income	10,019	100	1,265	13	4,120	41	3,215	32	1,302	13	117	1
Less than \$15,000	1,494	100	147	10	488	33	502	34	340	23	--	--
\$15,000 - \$24,999	1,146	100	171	15	487	42	335	29	143	13	--	--
\$25,000 - \$34,999	1,089	100	121	11	436	40	391	36	135	12	--	--
\$35,000 - \$49,999	1,252	100	133	11	616	49	384	31	114	9	--	--
\$50,000 and over	985	100	100	10	462	47	309	31	104	11	--	--
Unknown or not stated	4,053	100	593	15	1,630	40	1,294	32	466	11	70 *	2 *

TABLE 21
Population 15 Years of Age and Over by Number of Consultations with a Physician in the 12
months Prior to the Survey, by Age Group and Household Income, Canada, 1985

Age group and household income	Number of consultations											
	Total		None		1 - 2		3 - 9		10 or more		Not stated	
	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent
in thousands												
All age groups												
Total - Household income	19,668	100	3,739	19	8,109	41	5,570	28	2,082	11	169	1
Less than \$15,000	2,545	100	397	16	807	32	784	31	529	21	28 *	1 *
\$15,000 - \$24,999	2,385	100	489	21	995	42	658	28	228	10	--	--
\$25,000 - \$34,999	2,467	100	402	16	1,070	43	737	30	249	10	--	--
\$35,000 - \$49,999	2,586	100	495	19	1,221	47	670	26	188	7	--	--
\$50,000 and over	2,451	100	459	19	1,149	47	675	28	159	6	--	--
Unknown or not stated	7,234	100	1,497	21	2,866	40	2,044	28	730	10	98 *	1 *
15-24 years												
Total - Household income	4,297	100	889	21	1,911	44	1,125	26	344	8	28 *	1 *
Less than \$15,000	411	100	97 *	24 *	160	39	107	26	46 *	11 *	--	--
\$15,000 - \$24,999	329	100	82 *	25 *	145	44	67 *	20 *	29 *	9 *	--	--
\$25,000 - \$34,999	339	100	43 *	13 *	165	49	97 *	29 *	34 *	10 *	--	--
\$35,000 - \$49,999	329	100	52 *	16 *	181	55	87 *	26 *	--	--	--	--
\$50,000 and over	412	100	87 *	21 *	199	48	95 *	23 *	31 *	8 *	--	--
Unknown or not stated	2,477	100	528	21	1,061	43	671	27	200	8	--	--
25-44 years												
Total - Household income	8,061	100	1,662	21	3,661	45	2,057	26	632	8	48 *	1 *
Less than \$15,000	506	100	118	23	212	42	107	21	66 *	13 *	--	--
\$15,000 - \$24,999	991	100	215	22	434	44	271	27	68 *	7 *	--	--
\$25,000 - \$34,999	1,304	100	246	19	587	45	356	27	112	9	--	--
\$35,000 - \$49,999	1,558	100	310	20	742	48	372	24	131	8	--	--
\$50,000 and over	1,306	100	247	19	641	49	353	27	60 *	5 *	--	--
Unknown or not stated	2,397	100	527	22	1,045	44	599	25	194	8	32 *	1 *
45-64 years												
Total - Household income	4,838	100	898	19	1,857	38	1,484	31	540	11	58 *	1 *
Less than \$15,000	505	100	54 *	11 *	159	32	172	34	116	23	--	--
\$15,000 - \$24,999	678	100	128	19	295	44	188	28	62 *	9 *	--	--
\$25,000 - \$34,999	637	100	101	16	260	41	206	32	64 *	10 *	--	--
\$35,000 - \$49,999	598	100	119	20	266	44	172	29	39 *	7 *	--	--
\$50,000 and over	638	100	115	18	282	44	191	30	45 *	7 *	--	--
Unknown or not stated	1,782	100	382	21	595	33	555	31	213	12	37 *	2 *
65 years and over												
Total - Household income	2,472	100	289	12	680	27	903	37	566	23	34 *	1 *
Less than \$15,000	1,123	100	128	11	275	25	398	35	300	27	--	--
\$15,000 - \$24,999	388	100	64 *	17 *	122	31	132	34	69 *	18 *	--	--
\$25,000 - \$34,999	188	100	--	--	58 *	31 *	78 *	42 *	38 *	20 *	--	--
\$35,000 - \$49,999	101	100	--	--	32 *	32 *	39 *	39 *	--	--	--	--
\$50,000 and over	95	100	--	--	28 *	29 *	36 *	38 *	--	--	--	--
Unknown or not stated	578	100	60 *	10 *	165	29	219	38	123	21	--	--

TABLE 22

Population 15 Years of Age and Over by Main Reason for Consultation with a Physician in the Two Weeks Prior to the Survey, by Sex and Household Income, Canada, 1985

Sex and household income	Main reason for consultation											
	Total		Not applicable		Illness or health problem		Medical check-up		Other		Not stated	
	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent
	in thousands											
Both sexes												
Total – Household income	19,668	100	16,120	82	1,709	9	1,143	6	659	3	36 *	0 *
Less than \$15,000	2,545	100	1,918	75	310	12	232	9	82 *	3 *	--	--
\$15,000 – \$24,999	2,385	100	1,949	82	199	8	141	6	97 *	4 *	--	--
\$25,000 – \$34,999	2,467	100	2,050	83	177	7	127	5	113	5	--	--
\$35,000 – \$49,999	2,586	100	2,203	85	201	8	95 *	4 *	79 *	3 *	--	--
\$50,000 and over	2,451	100	2,072	85	175	7	110	4	91 *	4 *	--	--
Unknown or not stated	7,234	100	5,929	82	648	9	438	6	198	3	--	--
Male												
Total – Household income	9,649	100	8,213	85	700	7	482	5	242	3	--	--
Less than \$15,000	1,051	100	824	78	110	10	82 *	8 *	32 *	3 *	--	--
\$15,000 – \$24,999	1,239	100	1,054	85	78 *	6 *	73 *	6 *	33 *	3 *	--	--
\$25,000 – \$34,999	1,378	100	1,177	85	88 *	6 *	71 *	5 *	42 *	3 *	--	--
\$35,000 – \$49,999	1,334	100	1,196	90	69 *	5 *	42 *	3 *	--	--	--	--
\$50,000 and over	1,465	100	1,298	89	94 *	6 *	50 *	3 *	--	--	--	--
Unknown or Not stated	3,181	100	2,663	84	260	8	164	5	90	3	--	--
Female												
Total – Household income	10,019	100	7,907	79	1,009	10	661	7	418	4	--	--
Less than \$15,000	1,494	100	1,093	73	200	13	150	10	49 *	3 *	--	--
\$15,000 – \$24,999	1,146	100	894	78	120	11	68 *	6 *	63 *	6 *	--	--
\$25,000 – \$34,999	1,089	100	872	80	89 *	8 *	56 *	5 *	71 *	7 *	--	--
\$35,000 – \$49,999	1,252	100	1,007	80	131	10	53 *	4 *	56 *	4 *	--	--
\$50,000 and over	985	100	774	79	81 *	8 *	60 *	6 *	70	7 *	--	--
Unknown or not stated	4,053	100	3,266	81	388	10	274	7	108	3	--	--

TABLE 23

Population 15 Years of Age and Over by Number of Consultations with a Dentist in the 12 Months Prior to the Survey, by Age Group and Household Income, Canada, 1985

Age group and household income	Number of dentist consultations									
	Total		No consultations		1-2 consultations		3 consultations or more		Not stated	
	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent
in thousands										
All age groups										
Total - Household income	19,668	100	9,662	49	8,215	42	1,745	9	47 *	0 *
Less than \$15,000	2,545	100	1,714	67	652	26	175	7	--	--
\$15,000 - \$24,999	2,385	100	1,365	57	835	35	182	8	--	--
\$25,000 - \$34,999	2,467	100	1,246	50	973	39	240	10	--	--
\$35,000 - \$49,999	2,586	100	1,013	39	1,345	52	226	9	--	--
\$50,000 and over	2,451	100	780	32	1,378	56	291	12	--	--
Unknown or not stated	7,234	100	3,544	49	3,032	42	631	9	28 *	0 *
15-24 years										
Total - Household income	4,297	100	1,638	38	2,180	51	476	11	--	--
Less than \$15,000	411	100	188	46	175	43	48 *	12 *	--	--
\$15,000 - \$24,999	329	100	134	41	148	45	47 *	14 *	--	--
\$25,000 - \$34,999	339	100	147	43	151	45	42 *	12 *	--	--
\$35,000 - \$49,999	329	100	123	37	173	53	33 *	10 *	--	--
\$50,000 and over	412	100	78 *	19 *	301	73	34 *	8 *	--	--
Unknown or not stated	2,477	100	968	39	1,232	50	273	11	--	--
25-44 years										
Total - Household income	8,061	100	3,437	43	3,893	48	716	9	--	--
Less than \$15,000	506	100	285	56	192	38	29 *	6 *	--	--
\$15,000 - \$24,999	991	100	517	52	404	41	69 *	7 *	--	--
\$25,000 - \$34,999	1,304	100	582	45	584	45	138	11	--	--
\$35,000 - \$49,999	1,558	100	551	35	878	56	129	8	--	--
\$50,000 and over	1,306	100	429	33	739	57	136	10	--	--
Unknown or not stated	2,397	100	1,073	45	1,096	46	215	9	--	--
45-64 years										
Total - Household income	4,838	100	2,838	59	1,593	33	383	8	--	--
Less than \$15,000	505	100	372	74	94 *	19 *	38 *	7 *	--	--
\$15,000 - \$24,999	678	100	447	66	190	28	39 *	6 *	--	--
\$25,000 - \$34,999	637	100	400	63	181	28	48 *	7 *	--	--
\$35,000 - \$49,999	598	100	287	48	255	43	55 *	9 *	--	--
\$50,000 and over	638	100	240	38	304	48	94 *	15 *	--	--
Unknown or not stated	1,782	100	1,094	61	570	32	109	6	--	--
65 years and over										
Total - Household income	2,472	100	1,749	71	549	22	170	7	--	--
Less than \$15,000	1,123	100	869	77	191	17	61 *	5 *	--	--
\$15,000 - \$24,999	388	100	268	69	94	24	27 *	7 *	--	--
\$25,000 - \$34,999	188	100	118	63	57 *	30 *	--	--	--	--
\$35,000 - \$49,999	101	100	53 *	52 *	39 *	38 *	--	--	--	--
\$50,000 and over	95	100	33 *	35 *	34 *	36 *	27 *	29 *	--	--
Unknown or not stated	578	100	409	71	134	23	34 *	6 *	--	--

TABLE 24
Population 15 Years of Age and Over by Recency of Last Blood Pressure Check Prior to the Survey, by Age Group and Sex, Canada, 1985

Age group and sex	Recency of last blood pressure check													
	Total		Within 1 year		Between 1 and 2 years		More than 2 years		Never checked		Date unknown		Not stated	
	Num-ber	Per-cent	Num-ber	Per-cent	Num-ber	Per-cent	Num-ber	Per-cent	Num-ber	Per-cent	Num-ber	Per-cent	Num-ber	Per-cent
	in thousands													
All age groups														
Both sexes	19,668	100	14,839	75	1,657	8	2,304	12	531	3	333	2	--	--
Male	9,649	100	6,666	69	960	10	1,491	15	357	4	173	2	--	--
Female	10,019	100	8,174	82	698	7	813	8	174	2	161	2	--	--
15-24 years														
Both sexes	4,297	100	2,849	66	436	10	512	12	309	7	191	4	--	--
Male	2,186	100	1,229	56	308	14	367	17	184	8	97 *	4 *	--	--
Female	2,111	100	1,620	77	128	6	145	7	125	6	94 *	4 *	--	--
25-44 years														
Both sexes	8,061	100	5,864	73	829	10	1,146	14	141	2	80 *	1 *	--	--
Male	4,021	100	2,640	66	460	11	755	19	121	3	46 *	1 *	--	--
Female	4,039	100	3,224	80	369	9	391	10	--	--	35 *	1 *	--	--
45-64 years														
Both sexes	4,838	100	3,962	82	261	5	514	11	50 *	1 *	47 *	1 *	--	--
Male	2,376	100	1,887	79	132	6	299	13	31 *	1 *	--	--	--	--
Female	2,461	100	2,075	84	129	5	215	9	--	--	--	--	--	--
65 years and over														
Both sexes	2,472	100	2,164	88	131	5	132	5	31 *	1 *	--	--	--	--
Male	1,065	100	910	85	59 *	6 *	70 *	7 *	--	--	--	--	--	--
Female	1,407	100	1,255	89	72 *	5 *	62 *	4 *	--	--	--	--	--	--

CHAPTER 3

CURRENT HEALTH STATUS

3.1 SELF-RATED HEALTH STATUS, WELL-BEING AND SATISFACTION

HIGHLIGHTS

- The vast majority of Canadians rate their health status as good or excellent (82%). This is reflected in their reporting of satisfaction with health, as 88% state they are at least somewhat satisfied with their health.
- Canadians in general report high levels of happiness, with only 4% of the adult population reporting some level of unhappiness. Those groups most likely to report unhappiness are the elderly, widowed, separated/divorced and the unemployed.

METHODS

The main measures employed in this section originate in Section A (self-rated health status, #1) and Section J (satisfaction with health, #73(a), and happiness, #75) of the General Social Survey questionnaire. Each of these measures has seen considerable use in earlier surveys, although exact phrasing and response options have varied. Although they are all subjective in nature, considerable evidence has accumulated concerning their reliability and validity. Self-perceived health status has been found to correlate highly with objective morbidity

measures¹ and even mortality.² Happiness ratings have been found to correlate with detailed measures of psychological well-being,^{3,4} as well as to exemplify good construct validity in their own right. Nevertheless, the value of these self-assessments lies not in the absolute measurement of these phenomena but in their relative measurement, i.e. the comparison of assessments of various population groups relative to one another.

RESULTS

Self-Rated Health Status

The vast majority of the adult Canadian population rate their health status high: 32% describe it as excellent, 49% as good, 15% as fair and 3% as poor (Text Table C). There is only slight variation in the sexes in their perception of health status. The highest proportion of any age group reporting excellent health is found in the 25-44 age group at 39%. This proportion decreases at each successively older age group, reaching a low of 15% in the elderly.

The Atlantic has the lowest proportion of its population reporting at least "good" health status (78%) and conversely has the highest proportion reporting "fair" or "poor" health status (22%), (Table 25). At the other extreme, British Columbia has 85% of its residents reporting at least "good" health and 15% reporting "fair" or "poor" health status. The only apparent gender differences are in Quebec where males evaluate their health more positively than do females, while the reverse holds true in the Atlantic.

TEXT TABLE C.

Percentage Distribution of Self-Rated Health Status by Age Group, Canada, 1985

	Total	Excellent	Good	Fair	Poor	Not Stated
All Ages	100	32	49	15	3	0 *
15-24	100	30	57	12	1 *	--
25-44	100	39	50	10	2	--
45-54	100	32	47	16	5 *	--
55-64	100	29	44	20	7	--
65-74	100	22	43	27	7	--
75+	100	15	42	32	12	--

Self-rated health status and education are positively related. Those with the lowest levels of education report the lowest self-rated health status and those with the highest levels of education the highest self-rated health status (Table 26). These findings are consistent for all age groups. The greatest disparity in self-rated health status occurs between those classified at the lowest level--secondary education or less--and those who have graduated from high school. The proportion reporting excellent health status decreases from 35% of the latter group to 23% of those with the lowest level of education.

Satisfaction with Health

Text Table D shows that satisfaction with health decreases with age; there is also little variation by sex. These are the same relationships as observed with self-rated health status. As shown in table 27, over 95% of those who report their health status as excellent or good also report satisfaction with their health. Males would appear to be slightly more accepting of their poor health situation as 40% in poor health state they are very dissatisfied as compared to 48% for females.

TEXT TABLE D.

Percentage Distribution of Satisfaction with Health by Age Group, Canada, 1985

	Total	Very satis- fied	Somewhat satis- fied	Somewhat dissatis- fied	Very dissatis- fied	No opinion/ Not stated
All Ages	100	42	46	9	3	1
15-24	100	41	51	7	--	--
25-44	100	44	47	8	2	1 *
45-54	100	43	43	9	5	--
55-64	100	41	44	9	5	--
65-74	100	42	38	14	5 *	--
75+	100	36	40	16	7 *	--

Other measures of health status are similarly associated with satisfaction with health. For example, the proportion who are very dissatisfied with their health rises from less than one percent for the not disabled group to 39% for the group with a major disability (Table 28). The disabled group comprises 93% of all respondents who report they were very dissatisfied with their health. These relationships are true for all age groups (data not shown).

Likewise, dissatisfaction with health rises steeply with the increase in the number of consultations with a medical doctor in the past 12 months. Only 5% of those with no consultations express dissatisfaction as compared to 36% of those with 10+ consultations (Table 29). The increase in dissatisfaction with health is most pronounced after the 1-2 consultation category,

i.e., presumably those who must consult a physician for other than an annual checkup. This relationship is equally true for both sexes, and also holds for all age groups (data not shown).

Happiness

Overall, only 4% of the adult population describe themselves as unhappy (Table 30). Males tend to be moderate in their description of happiness as compared to females (49% males vs 45% females). Women have higher proportions describing themselves as very happy. Unhappiness generally increases with age, with the elderly (75+) most likely to describe themselves as unhappy (9%). A secondary peak is observed in the pre-retirement group (55-64) at 6%. This proportion decreases to 4% at retirement (65-74). These patterns with age are shown in Text Table E.

TEXT TABLE E.

Percentage Distribution of Reported Happiness by Age Group, Canada, 1985

	Total	Very Happy	Somewhat Happy	Unhappy	No Opinion/ Not Stated
All Ages	100	48	47	4	1
15-24	100	49	47	3	--
25-44	100	50	46	3	1 *
45-54	100	47	47	5	1 *
55-64	100	45	48	6	--
65-74	100	47	49	4 *	--
75 +	100	43	48	9 *	--

There is only marginal variation by region: the Atlantic has the highest proportion of its population classifying itself as very happy at 52%. All regions are within a few percentage points with the exception of Quebec where only 43% classify themselves as 'very happy'. Quebecers are not 'unhappy', though, as the proportion classifying themselves at this level is only 3%, equal to that found in the Atlantic and the lowest rate observed in the country.

When reported happiness is analyzed in terms of marital status, the married/common-law category reports the highest levels of happiness – 52% report themselves as very happy. They are followed by the never-married at 44%, the widowed at 38%, and the separated/divorced at 31% (Table 31).

Those whose major activity is working report the highest levels of happiness; 50% describe themselves as very happy (Table 32). The proportion classifying themselves as very happy for the other activities is: keeping house (48%), going to school (47%) and other (41%). The majority of the "other" category is composed of the unemployed, the retired and, to a lesser degree, those on vacation, on strike and the long-term ill. When these trends are examined by sex, the middle two categories reverse their ordering. The reason for this appears to be due to the imbalance of the sexes reporting 'keeping house' as their major activity and to the fact that males report markedly lower levels of happiness for all activities other than working, while females report relatively constant levels of happiness for all activities.

DISCUSSION

These results relating to well-being and satisfaction show the positive evaluations of health held by Canadians and are consistent with what is widely reported in the literature.^{5,6,7}

More than 9 out of every 10 adult Canadians describe their health as excellent, good or at least fair. Only 3% describe it as poor. Although response categories are not directly comparable, these findings are similar to those of the 1981 Canada Fitness Survey where 94% of the population reported their health to be average or better and 5% as poor or very poor.⁸

Higher socio-economic status groups are more likely to perceive their health status as good or excellent than are lower socio-economic status groups. This is so whether social economic status is measured by income, occupation or, as was done in this section, by education. This finding is commonplace and is corroborated by 'harder' objective measures of morbidity and even mortality.⁹

The findings of satisfaction with health are observed to closely align with those of perceived health status, although there is a subtle difference. The rate of increase with age in those reporting poor health status is steeper than that observed for those reporting dissatisfaction with health. This seems to suggest that people's aspirations change with age and that for most people their actual health is acceptable for the things they want to do.

The "unhappy" Canadian is most likely to be elderly, divorced or separated, unemployed or in ill health. When comparisons are made with the 1978-79 Canada Health Survey,¹⁰ it would appear that there has been an increase in happiness over this time period. Twenty-one percent of the population reported that they were very happy in the Canada Health Survey compared to 48% in the present survey. Conversely, 9% of the population in 1978-79 reported they were unhappy compared to the 4% observed in the General Social Survey. The magnitude of these changes would suggest a real change has occurred and that the results are not simply the consequence of slight differences in question wording.

NOTES

- 1 Atkinson, Tom, Blishen, Bernard, and Michael Murray, *Physical Status and Perceived Health Quality*. Toronto: Institute for Behavioural Research, York University, 1980.
- 2 Kaplan, G.A., Camacho, T., Perceived health and mortality: A nine-year follow-up of the human population laboratory cohort. *Am. J. Epidemiology*, 1983; 117: 292-304.
- 3 Bradburn, N.M., *The Structure of Psychological Well Being*. Chicago, Aldine Publishing Co, 1969.
- 4 For for an extensive discussion of happiness and satisfaction measures see "Michalos, A.C., What makes people happy? Paper presented at the Conference on Quality of Life, Oslo, Norway, October, 1986.
- 5 Canada Fitness Survey, *Fitness and Lifestyle in Canada*. Ottawa: Canada Fitness Survey, May 1983.
- 6 Atkinson, T. Social change in Canada: Trends in attitudes, values and perceptions. A project overview. *Canadian Studies in Population*, 1979, 15.
- 7 Health and Welfare Canada and Statistics Canada. *Canada Health Survey*, unpublished data.
- 8 Canada Fitness Survey, op. cit.
- 9 Wilkins, R., Adams, O., *Healthfulness of Life*. Montreal, The Institute for Research on Public Policy, 1983.
- 10 Health and Welfare Canada and Statistics Canada. *The Health of Canadians: Report of the Canada Health Survey*. Cat. 82-538. Ottawa Minister of Supply and Services Canada, 1981.

TABLE 25

Population 15 Years of Age and Over by Self-Rated Health Status by Sex, Canada and Regions, 1985

Sex and region		Self-rated health status					
		Total	Excellent	Good	Fair	Poor	Not stated
in thousands							
Both sexes							
Canada	No.	19,668	6,388	9,719	2,866	668	28 *
	%	100	32	49	15	3	0 *
Atlantic	No.	1,751	485	892	307	63	--
	%	100	28	51	18	4	--
Quebec	No.	5,163	1,866	2,248	897	150	--
	%	100	36	44	17	3	--
Ontario	No.	7,133	2,316	3,551	969	280	--
	%	100	32	50	14	4	--
Prairies	No.	3,350	975	1,841	417	117	--
	%	100	29	55	12	3	--
British Columbia	No.	2,270	747	1,186	277	58 *	--
	%	100	33	52	12	3 *	--
Male							
Canada	No.	9,649	3,190	4,731	1,371	341	--
	%	100	33	49	14	4	--
Atlantic	No.	864	237	426	165	32 *	--
	%	100	27	49	19	4 *	--
Quebec	No.	2,514	976	1,091	381	65 *	--
	%	100	39	43	15	3 *	--
Ontario	No.	3,480	1,134	1,697	491	148	--
	%	100	33	49	14	4	--
Prairies	No.	1,672	498	899	210	65	--
	%	100	30	54	13	4	--
British Columbia	No.	1,119	345	617	126	30 *	--
	%	100	31	55	11	3 *	--
Female							
Canada	No.	10,019	3,198	4,988	1,495	327	--
	%	100	32	50	15	3	--
Atlantic	No.	887	248	466	142	31 *	--
	%	100	28	53	16	4 *	--
Quebec	No.	2,649	890	1,157	516	85 *	--
	%	100	34	44	19	3 *	--
Ontario	No.	3,653	1,182	1,854	478	132	--
	%	100	32	51	13	4	--
Prairies	No.	1,679	477	942	207	52 *	--
	%	100	28	56	12	3 *	--
British Columbia	No.	1,151	401	569	151	28 *	--
	%	100	35	49	13	2 *	--

TABLE 26

Population 15 Years of Age and Over by Self-Rated Health Status by Age Group and Education, Canada, 1985

Age group and education		Self-rated health status					
		Total	Excellent	Good	Fair	Poor	Not stated
in thousands							
All age groups							
All education levels	No.	19,668	6,388	9,719	2,866	668	28 *
	%	100	32	49	15	3	-- *
Some secondary or less	No.	7,959	1,805	3,917	1,766	464	--
	%	100	23	49	22	6	--
Secondary graduation	No.	3,612	1,268	1,951	347	40 *	--
	%	100	35	54	10	1 *	--
Some postsecondary	No.	3,086	1,183	1,488	353	56 *	--
	%	100	38	48	11	2 *	--
Postsecondary degree or diploma	No.	4,793	2,054	2,269	374	89 *	--
	%	100	43	47	8	2 *	--
Not stated	No.	219	79 *	94	28 *	--	--
	%	100	36 *	43	13 *	--	--
15-24 years							
All education levels	No.	4,297	1,306	2,439	512	38 *	--
	%	100	30	57	12	1 *	--
Some secondary or less	No.	1,701	406	1,017	248	30 *	--
	%	100	24	60	15	2 *	--
Secondary graduation	No.	897	265	557	74 *	--	--
	%	100	30	62	8 *	--	--
Some postsecondary	No.	1,015	373	514	120	--	--
	%	100	37	51	12	--	--
Postsecondary degree or diploma	No.	623	239	329	53 *	--	--
	%	100	38	53	9 *	--	--
Not stated	No.	61 *	23 *	--	--	--	--
	%	100 *	38 *	--	--	--	--
25-44 years							
All education levels	No.	8,061	3,127	4,020	779	124	--
	%	100	39	50	10	2	--
Some secondary or less	No.	1,944	541	1,051	299	53 *	--
	%	100	28	54	15	3 *	--
Secondary graduation	No.	1,775	698	891	164	--	--
	%	100	39	50	9	--	--
Some postsecondary	No.	1,411	566	691	125	28 *	--
	%	100	40	49	9	2 *	--
Postsecondary degree or diploma	No.	2,858	1,290	1,350	189	25 *	--
	%	100	45	47	7	1 *	--
Not stated	No.	73 *	32 *	38 *	--	--	--
	%	100 *	44 *	52 *	--	--	--

TABLE 26

Population 15 Years of Age and Over by Self-Rated Health Status by Age Group and Education,
Canada, 1985 – Concluded

Age group and education		Self-rated health status					
		Total	Excellent	Good	Fair	Poor	Not stated
in thousands							
45-64 years							
All education levels	No.	4,838	1,477	2,204	861	285	--
	%	100	31	46	18	6	--
Some secondary or less	No.	2,563	570	1,161	642	185	--
	%	100	22	45	25	7	--
Secondary graduation	No.	698	265	359	59 *	--	--
	%	100	38	51	8 *	--	--
Some postsecondary	No.	495	192	204	78 *	--	--
	%	100	39	41	16 *	--	--
Postsecondary degree or diploma	No.	1,014	432	455	76 *	52 *	--
	%	100	43	45	8 *	5 *	--
Not stated	No.	69 *	--	26 *	--	--	--
	%	100 *	--	37 *	--	--	--
65 years and over							
All education levels	No.	2,472	477	1,056	715	221	--
	%	100	19	43	29	9	--
Some secondary or less	No.	1,750	288	688	577	196	--
	%	100	16	39	33	11	--
Secondary graduation	No.	243	40 *	144	50 *	--	--
	%	100	17 *	59	21 *	--	--
Some postsecondary	No.	165	52 *	80 *	29 *	--	--
	%	100	31 *	48 *	18 *	--	--
Postsecondary degree or diploma	No.	297	93	136	56 *	--	--
	%	100	31	46	19 *	--	--
Not stated	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--

TABLE 27
Population 15 Years of Age and Over by Satisfaction with Health by Sex and Self-Rated Health Status, Canada, 1985

Sex and self-rated health status		Satisfaction with health					
		Total	Very satisfied	Somewhat satisfied	Somewhat dissatisfied	Very dissatisfied	Not stated
in thousands							
Both sexes							
Total – Health status	No.	19,668	8,313	8,995	1,732	517	112
	%	100	42	46	9	3	1
Excellent	No.	6,388	4,443	1,832	71 *	--	37 *
	%	100	70	29	1 *	--	1 *
Good	No.	9,719	3,516	5,522	587	52 *	41 *
	%	100	36	57	6	1 *	-- *
Fair	No.	2,866	324	1,517	844	167	--
	%	100	11	53	29	6	--
Poor	No.	668	--	113	230	294	--
	%	100	--	17	34	44	--
Not stated	No.	28 *	--	--	--	--	--
	%	100 *	--	--	--	--	--
Male							
Total – Health status	No.	9,649	4,159	4,409	817	194	69 *
	%	100	43	46	8	2	1 *
Excellent	No.	3,190	2,167	949	38 *	--	35 *
	%	100	68	30	1 *	--	1 *
Good	No.	4,731	1,778	2,637	277	--	--
	%	100	38	56	6	--	--
Fair	No.	1,371	198	759	374	39 *	--
	%	100	14	55	27	3 *	--
Poor	No.	341	--	58 *	128	137	--
	%	100	--	17 *	37	40	--
Not stated	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--
Female							
Total – Health status	No.	10,019	4,153	4,586	915	323	42 *
	%	100	41	46	9	3	-- *
Excellent	No.	3,198	2,277	883	33 *	--	--
	%	100	71	28	1 *	--	--
Good	No.	4,988	1,739	2,885	310	35 *	--
	%	100	35	58	6	1 *	--
Fair	No.	1,495	127	758	470	128	--
	%	100	8	51	31	9	--
Poor	No.	327	--	55 *	102	157	--
	%	100	--	17 *	31	48	--
Not stated	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--

TABLE 28

Population 15 Years of Age and Over by Satisfaction with Health by Degree of Activity Limitation, Canada, 1985

Degree of activity limitation		Satisfaction with health					
		Total	Very satisfied	Somewhat satisfied	Somewhat dissatisfied	Very dissatisfied	Not stated
in thousands							
Total – Activity limitation	No.	19,668	8,313	8,995	1,732	517	112
	%	100	42	46	9	3	1
None	No.	13,365	6,646	6,076	539	35 *	69 *
	%	100	50	45	4	0 *	1 *
Some	No.	4,645	1,335	2,328	799	158	--
	%	100	29	50	17	3	--
Moderate	No.	846	144	288	247	155	--
	%	100	17	34	29	18	--
Major	No.	359	36 *	96 *	86 *	140	--
	%	100	10 *	27 *	24 *	39	--
Degree unknown	No.	391	122	178	61 *	30 *	--
	%	100	31	45	15 *	8 *	--
Not stated	No.	62 *	30 *	29 *	--	--	--
	%	100 *	48 *	47 *	--	--	--

TABLE 29

Population 15 Years of Age and Over by Satisfaction with Health by Frequency of Consultation with a Medical Doctor in the 12 Months Prior to the Survey, Canada, 1985

Frequency of consultation		Satisfaction with health					
		Total	Very satisfied	Somewhat satisfied	Somewhat dissatisfied	Very dissatisfied	Not stated
in thousands							
Total – Frequency of consultation	No.	19,668	8,313	8,995	1,732	517	112
	%	100	42	46	9	3	1
No consultations	No.	3,739	1,879	1,635	189	--	24 *
	%	100	50	44	5	--	1 *
1-2 consultations	No.	8,109	4,024	3,596	397	55 *	37 *
	%	100	50	44	5	1 *	-- *
3-9 consultations	No.	5,570	1,931	2,829	616	168	--
	%	100	35	51	11	3	--
10 or more consultations	No.	2,082	443	881	492	256	--
	%	100	21	42	24	12	--
Not stated	No.	169	36 *	55 *	38 *	--	--
	%	100	21 *	32 *	23 *	--	--

TABLE 30
Population 15 Years of Age and Over by Reported Happiness, by Sex, Canada and Regions, 1985

Sex and region		Reported happiness				
		Total	Very happy	Somewhat happy	Unhappy	Not stated
in thousands						
Both sexes						
Canada	No.	19,668	9,497	9,258	772	141
	%	100	48	47	4	1
Atlantic	No.	1,751	910	772	57	12 *
	%	100	52	44	3	1 *
Quebec	No.	5,163	2,236	2,731	171	--
	%	100	43	53	3	--
Ontario	No.	7,133	3,569	3,181	305	78 *
	%	100	50	45	4	1 *
Prairies	No.	3,350	1,675	1,510	156	--
	%	100	50	45	5	--
British Columbia	No.	2,270	1,107	1,064	84 *	--
	%	100	49	47	4 *	--
Male						
Canada	No.	9,649	4,439	4,762	352	95 *
	%	100	46	49	4	1 *
Atlantic	No.	864	443	396	23 *	--
	%	100	51	46	3 *	--
Quebec	No.	2,514	1,051	1,345	99 *	--
	%	100	42	54	4 *	--
Ontario	No.	3,480	1,661	1,642	123 *	54 *
	%	100	48	47	4 *	2 *
Prairies	No.	1,672	786	812	65	--
	%	100	47	49	4	--
British Columbia	No.	1,119	500	567	42 *	--
	%	100	45	51	4 *	--
Female						
Canada	No.	10,019	5,058	4,496	420	45 *
	%	100	50	45	4	-- *
Atlantic	No.	887	467	376	35 *	9 *
	%	100	53	42	4 *	1 *
Quebec	No.	2,649	1,186	1,386	72 *	--
	%	100	45	52	3 *	--
Ontario	No.	3,653	1,909	1,540	181	--
	%	100	52	42	5	--
Prairies	No.	1,679	889	698	91	--
	%	100	53	42	5	--
British Columbia	No.	1,151	607	496	42 *	--
	%	100	53	43	4 *	--

TABLE 31
Population 15 Years of Age and Over by Reported Happiness by Sex and Marital Status, Canada, 1985

Sex and marital status		Reported happiness				
		Total	Very happy	Somewhat happy	Unhappy	Not stated
in thousands						
Both sexes						
All marital status	No.	19,668	9,497	9,258	772	141
	%	100	48	47	4	1
Now married or common law	No.	12,437	6,514	5,444	378	101
	%	100	52	44	3	1
Single never married	No.	5,087	2,223	2,644	193	27 *
	%	100	44	52	4	1 *
Widow or widower	No.	1,135	429	604	97 *	--
	%	100	38	53	9 *	--
Separated or divorced	No.	910	282	523	100 *	--
	%	100	31	57	11 *	--
Not stated	No.	100 *	49 *	43 *	--	--
	%	100 *	50 *	43 *	--	--
Male						
All marital status	No.	9,649	4,439	4,762	352	95 *
	%	100	46	49	4	1 *
Now married or common law	No.	6,190	3,075	2,863	179	74 *
	%	100	50	46	3	1 *
Single never married	No.	2,867	1,176	1,565	106	--
	%	100	41	55	4	--
Widow or widower	No.	203	78 *	99 *	--	--
	%	100	39 *	49 *	--	--
Separated or divorced	No.	348	95 *	212	41 *	--
	%	100	27 *	61	12 *	--
Not stated	No.	41 *	--	--	--	--
	%	100 *	--	--	--	--
Female						
All marital status	No.	10,019	5,058	4,496	420	45 *
	%	100	50	45	4	-- *
Now married or common law	No.	6,247	3,439	2,582	198	28 *
	%	100	55	41	3	-- *
Single never married	No.	2,220	1,047	1,080	87 *	--
	%	100	47	49	4 *	--
Widow or widower	No.	932	351	505	73 *	--
	%	100	38	54	8 *	--
Separated or divorced	No.	562	187	311	59 *	--
	%	100	33	55	10 *	--
Not stated	No.	58 *	34 *	--	--	--
	%	100 *	58 *	--	--	--

TABLE 32
Population 15 Years of Age and Over by Reported Happiness by Sex and Major Activity, Canada, 1985

Sex and major activity		Reported happiness				
		Total	Very happy	Somewhat happy	Unhappy	Not stated
in thousands						
Both sexes						
Total - Major activity	No.	19,668	9,497	9,258	772	141
	%	100	48	47	4	1
Working	No.	10,460	5,249	4,884	256	71 *
	%	100	50	47	2	1 *
Attending school	No.	2,270	1,056	1,126	66 *	--
	%	100	47	50	3 *	--
Keeping house	No.	4,888	2,359	2,238	260	32 *
	%	100	48	46	5	1 *
Other	No.	1,941	797	958	174	--
	%	100	41	49	9	--
Major activity not stated	No.	110	37 *	53 *	--	--
	%	100	34 *	48 *	--	--
Male						
Total - Major activity	No.	9,649	4,439	4,762	352	95 *
	%	100	46	49	4	1 *
Working	No.	6,447	3,162	3,103	120	62 *
	%	100	49	48	2	1 *
Attending school	No.	1,205	503	653	34 *	--
	%	100	42	54	3 *	--
Keeping house	No.	475	184	243	42 *	--
	%	100	39	51	9 *	--
Other	No.	1,461	566	738	145	--
	%	100	39	51	10	--
Major activity not stated	No.	62 *	--	--	--	--
	%	100 *	--	--	--	--
Female						
Total - Major activity	No.	10,019	5,058	4,496	420	45 *
	%	100	50	45	4	-- *
Working	No.	4,013	2,086	1,781	137	--
	%	100	52	44	3	--
Attending school	No.	1,066	553	473	32 *	--
	%	100	52	44	3 *	--
Keeping house	No.	4,413	2,175	1,995	218	26 *
	%	100	49	45	5	1 *
Other	No.	480	231	220	29 *	--
	%	100	48	46	6 *	--
Major activity not stated	No.	48 *	--	27 *	--	--
	%	100 *	--	57 *	--	--

3.2 WEIGHT RELATED TO HEIGHT

HIGHLIGHTS

- 39% of the Canadian population 20 years of age and older can be classified as having excessive weight.
- The less educated and those who follow a sedentary lifestyle are at risk of excessive weight.

METHODS

Height and weight estimates were reported by the respondent and are not the result of anthropometric measurements. Respondents were asked to provide the best estimate of their measurements without shoes and wearing light indoor clothing only. These estimates could be provided in either imperial or metric units and were recorded in section E of the General Social Survey questionnaire.

The Quetelet Index, or body mass index, was chosen as the measure of weight for height. Its use is widespread^{1,2} but is not without

controversy as it treats overweight and obesity as if on a continuum. In fact, they are different concepts with separate continuous statistical distributions. Obesity is typically defined as an excess of body fat and overweight is an excess of body weight relative to a specified standard for height.

With weight (W) in kilograms and height (H) in metres, the Quetelet Index is defined as W/H^2 . Different power functions would have to be derived for the 15-19 year group as growth is generally incomplete for this age group. For this reason, data are presented only for those 20 years of age and over.

Respondents were classified into four relative weight categories using Quetelet Index ranges recommended by Bray.³ These values correspond to the range of "desirable" weight from the lower limit of the small body frame to the upper limit of the large body frame as shown in the 1959 Metropolitan Life Insurance Tables.⁴ Text Table F defines the Quetelet Index values for each of the relative weight categories.

In the discussion which follows, the term 'excessive weight' is used to refer to the combined categories of overweight and obese.

TEXT TABLE F.

Quetelet Index Values Corresponding To Relative Weight Categories

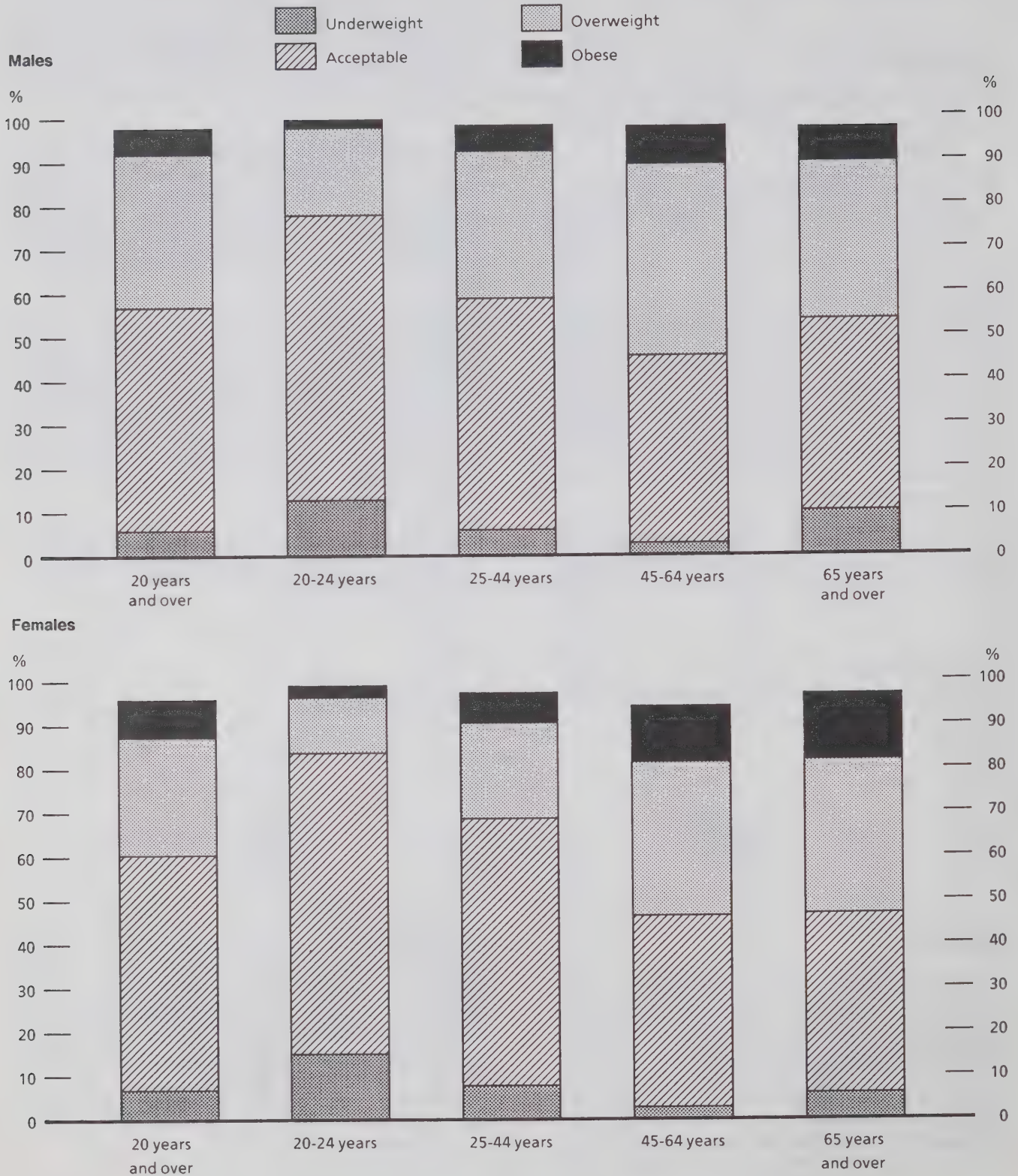
	Males	Females
Underweight	<20.1	<18.7
Acceptable	20.1-25.0	18.7-23.7
Overweight	25.1-29.9	23.8-28.5
Obese	>29.9	>28.5

RESULTS

According to these criteria, 7% of the Canadian population is classified as underweight, 53% as acceptable, 31% as overweight, and 8% as obese (Table 33). Females are more likely to be either underweight or obese than are males: 7% of females are underweight as compared to 6% for males; 9% of females are obese as compared to 6% for males. Males are proportionately more likely to be overweight – 35% vs 27% for females. The

proportion of the population classified as having excessive weight increases until age 65+ and then declines from a high of 54% to 48%. Two peaks are observed in the proportions of the population classified as underweight. The first, and highest, occurs in the youngest age group at 14%, the second occurs in the oldest age group, 65+, where it reaches 8%, nearly three times the proportion observed in the 55-64 year age group. These results are depicted in Figure G.

Figure G
Proportion of the Population Classified by Quetelet Index Categories,
by Age Group and Sex, Canada, 1985



¹ Not stated category accounts for unexplained portion of bar charts.

Regions

Quebec has the highest proportion of its population in the underweight category at 9%. Both Quebec and British Columbia have the highest proportion in the acceptable category at 55%. Thirty-five percent of British Columbia residents are classified as having excessive weight – the lowest found in all regions. Quebec is next with 36% and is followed by Ontario (39%), the Prairies (43%) and the Atlantic (45%).

Education

There is a tendency for those with secondary or less education to be more likely classified as having excessive weight than those with higher education (Table 34). This effect is diminished somewhat but remains even after age is controlled for. Secondary graduates have the highest proportion of all education groups classified as underweight at 9%. They comprise 23% of the underweight group while they only make up 19% of the population.

Overweight and Smoking

Table 35 shows that, while regular cigarette smokers are over-represented in the underweight category, there remain nearly 2 million Canadians exposed to the combined risks of smoking and excessive weight. Men exhibit higher rates of this combination of risks than do women.

Occasional cigarette smokers show the lowest proportion of any group having excessive weight, while pipe/cigar smokers show the highest proportion with 45%. Never cigarette smokers and former smokers show rates of 39 and 44 percent respectively.

Overweight and Physical Activity Level

Canadians following a sedentary lifestyle are almost three times as likely to be classified as obese (11%) as those in the active category of physical activity (4%) (table 36). They are also over-represented in the underweight and overweight categories. Sedentary persons comprise 34% and 33% of these categories respectively versus 31% of the population. Those in the active category, on the other hand, are over-represented in the underweight and acceptable weight category and under-represented in the overweight category. The proportions are 25%, 27% and 20% respectively versus the 23% of the population comprised of active persons.

DISCUSSION

Obesity has been identified as a risk factor for a wide number of diseases including hypertension, coronary heart disease, hypercholesterolemia, adult onset diabetes, certain cancers, gout, gall bladder disease and certain arthritic conditions.^{5,6} Obese individuals are susceptible to premature mortality.

The population estimates of prevalence of excessive weight presented in this section should be seen as conservative. There are two supporting factors for this conclusion. First, results have been based on self-reported data. Millar⁷ has shown that, although analyses based on self-reported results are acceptably accurate, there tends to be a systematic underestimate of weight by specific age-sex groups and overestimates of height more generally. Second, research has shown that excessive weight and low-income are associated. There may be some bias introduced in the telephone segment of the survey as those without telephones, which also tend to be low-income households were excluded from the sample. However, this is only 3% of the sample.

Although weight loss is common with aging, selective mortality due to excessive weight is one interpretation suggested by these and other data.⁸ Proportions of the population classified as having excessive weight increase with age until age 65 and then drop, substantially so in the case of males. An even stronger case for selective mortality can be made when there are multiple risks present. Only the non-smoking group shows uninterrupted increases in the proportions classified as obese. There are declines in the proportion of obese observed for both regular cigarette smokers and former smokers in the eldest age group.

Although the results presented of smoking and weight for height data appear to indicate a beneficial effect, i.e., weight control, the relationship is complex and in part reflects the different age structure of the groups: occasional smokers are younger, pipe/cigar and former smokers older. There is very little evidence in the literature to indicate a beneficial effect; being overweight is hazardous to one's health but its hazards are dwarfed in comparison with those of smoking.⁹

Being underweight may be a reflection of current poor health. Regular cigarette smokers, young women and elderly men are over-represented in this group. When respondents are asked their perception of whether they consider themselves to be "overweight", "underweight" or "about the proper weight", those classified as underweight by the

body mass index show the least agreement with perceived body weight. Only 20% of young women, classified as underweight agree with this description of themselves. Millar¹⁰ found that 18 percent of young women aspire to a weight that would classify them underweight.

Text Table G illustrates comparative prevalence rates between the General Social Survey and the 1978-79 Canada Health Survey. Bearing in mind that the Canada Health Survey estimates are a result of anthropometric measurement and the

General Social Survey, stated estimates, there has been a decrease in the proportion of the population at risk to "excessive weight". Counter balancing these decreases, increased proportions of the population are observed in both the underweight and acceptable categories. Women show more change than do men. These findings are in keeping with the believed adoption of healthier lifestyles, including increased physical activity and maintenance of more nutritious diets by the population, in response to education programmes by health departments.

TEXT TABLE G.

Comparative Prevalence Rates Between the 1985 General Social Survey and the 1978-79 Canada Health Survey for Relative Weight Categories by Sex, Canada, 1978 and 1985

	General Social Survey, 1985			Canada Health Survey, 1978/79		
	Both Sexes	Male	Female	Both Sexes	Male	Female
Underweight	7%	6%	7%	6%	6%	6%
Acceptable	53%	51%	54%	42%	42%	41%
Overweight	31%	35%	27%	36%	41%	32%
Obese	8%	6%	9%	16%	12%	21%
Not Stated	2%	1% *	2%	--	--	--

NOTES

- 1 For an example see: Measurement of Overweight. Statistical Bulletin. Metropolitan Life Insurance Company, New York, Jan-Mar. 1984.
- 2 Revichi, D.A., Richard G. Israel. Relationship between Body Mass Indices and Measures of Body Adiposity, *Am J. Public Health*, 1986; 76(8): 992-994.
- 3 Bray C. (ed.): Obesity in America (NIH publ. no. 79-359), U.S. Department of Health Education and Welfare, Bethesda, Md, 1979:6.
- 4 New Weight Standards for Men and Women (Statistical Bulletin no. 40), Metropolitan Life Insurance Company. New York, 1959:1-4
- 5 Obesity. A Report of the Royal College of Physicians. J.R. Coll Physicians, London 1983; 17(1): 5-65.
- 6 Burton B.T., Foster W.R., Hirsch J., Van Itallie T.B., Health Implications of Obesity: An NIH consensus development conference. *Int J. Obesity*, 1985; 9:155-169.
- 7 Millar, W.J., Distribution of Body Weight and Height: Comparison of estimates based on self-reported and observed measures. *Journal of Epidemiology and Community Health*, 1986; 40:319-323.
- 8 Millar, W.J., Stephens, T., The Prevalence of Overweight and Obesity in Britain, Canada and the United States. *Am J. Public Health*, 1987; 77: 38-41.
- 9 Khosla, T. Obesity, Smoking and Health. *Community Medicine*, 1979; 1: 222-228.
- 10 See Millar, W.J., Health and Welfare Canada, A Comparison of Self-Reported Weight and Preferred Body Weight, mimeographed draft, Nov. 1986

TABLE 33
Population 20 Years of Age and Over by Body Mass Index by Age Group and Sex, Canada
and Regions, 1985

Age group, sex and region		Body mass index					
		Total	Underweight	Acceptable	Overweight	Obese	Not stated
in thousands							
All age groups							
Both sexes							
Canada	No.	17,730	1,224	9,332	5,475	1,409	290
	%	100	7	53	31	8	2
Atlantic	No.	1,551	92	735	532	168	25 *
	%	100	6	47	34	11	2 *
Quebec	No.	4,678	402	2,571	1,302	353	51 *
	%	100	9	55	28	8	1 *
Ontario	No.	6,438	414	3,402	2,015	488	120 *
	%	100	6	53	31	8	2 *
Prairies	No.	3,002	171	1,494	1,022	272	43 *
	%	100	6	50	34	9	1 *
British Columbia	No.	2,060	145	1,130	605	129	51 *
	%	100	7	55	29	6	2 *
Male							
Canada	No.	8,656	550	4,406	3,052	557	93 *
	%	100	6	51	35	6	1 *
Atlantic	No.	760	47	341	294	63	15 *
	%	100	6	45	39	8	2 *
Quebec	No.	2,266	188	1,214	693	153	--
	%	100	8	54	31	7	--
Ontario	No.	3,124	167	1,583	1,126	211	36 *
	%	100	5	51	36	7	1 *
Prairies	No.	1,493	80	708	585	107	--
	%	100	5	47	39	7	--
British Columbia	No.	1,012	67 *	560	354	--	--
	%	100	7 *	55	35	--	--
Female							
Canada	No.	9,074	674	4,926	2,424	852	197
	%	100	7	54	27	9	2
Atlantic	No.	791	45	394	238	104	10 *
	%	100	6	50	30	13	1 *
Quebec	No.	2,412	213	1,358	609	199	32 *
	%	100	9	56	25	8	1 *
Ontario	No.	3,314	247	1,819	889	276	84 *
	%	100	7	55	27	8	3 *
Prairies	No.	1,509	91	786	437	164	30 *
	%	100	6	52	29	11	2 *
British Columbia	No.	1,049	78 *	570	251	108	41 *
	%	100	7 *	54	24	10	4 *

TABLE 33
Population 20 Years of Age and Over by Body Mass Index by Age Group and Sex, Canada
and Regions, 1985 – Continued

Age group, sex and region		Body mass index					
		Total	Underweight	Acceptable	Overweight	Obese	Not stated
in thousands							
20-24 years							
Both sexes							
Canada	No.	2,359	320	1,572	397	52 *	--
	%	100	14	67	17	2 *	--
Atlantic	No.	229	26 *	139	48	14 *	--
	%	100	11 *	61	21	6 *	--
Quebec	No.	620	117 *	463	--	--	--
	%	100	19 *	75	--	--	--
Ontario	No.	844	108 *	537	173	--	--
	%	100	13 *	64	21	--	--
Prairies	No.	420	36 *	273	100	--	--
	%	100	9 *	65	24	--	--
British Columbia	No.	247	33 *	160	45 *	--	--
	%	100	13 *	65	18 *	--	--
Male							
Canada	No.	1,193	149	773	241	--	--
	%	100	13	65	20	--	--
Atlantic	No.	115	17 *	66	26 *	--	--
	%	100	15 *	57	22 *	--	--
Quebec	No.	314	61 *	229	--	--	--
	%	100	19 *	73	--	--	--
Ontario	No.	428	43 *	273	92 *	--	--
	%	100	10 *	64	21 *	--	--
Prairies	No.	211	15 *	130	65	--	--
	%	100	7 *	61	31	--	--
British Columbia	No.	125	--	75 *	35 *	--	--
	%	100	--	60 *	28 *	--	--
Female							
Canada	No.	1,166	171	799	157	32 *	--
	%	100	15	69	13	3 *	--
Atlantic	No.	114	9 *	73	23 *	9 *	--
	%	100	8 *	64	20 *	8 *	--
Quebec	No.	306	56 *	234	--	--	--
	%	100	18 *	77	--	--	--
Ontario	No.	416	65 *	264	82 *	--	--
	%	100	16 *	63	20 *	--	--
Prairies	No.	209	21 *	143	35 *	--	--
	%	100	10 *	69	17 *	--	--
British Columbia	No.	122	--	85 *	--	--	--
	%	100	--	70 *	--	--	--

TABLE 33
Population 20 Years of Age and Over by Body Mass Index by Age Group and Sex, Canada
and Regions, 1985 – Continued

Age group, sex and region		Body mass index					
		Total	Underweight	Acceptable	Overweight	Obese	Not stated
in thousands							
25-44 years							
Both sexes							
Canada	No.	8,061	566	4,617	2,272	522	84 *
	%	100	7	57	28	6	1 *
Atlantic	No.	698	37	360	229	65	--
	%	100	5	52	33	9	--
Quebec	No.	2,181	180	1,291	568	123 *	--
	%	100	8	59	26	6 *	--
Ontario	No.	2,847	205	1,647	782	189	--
	%	100	7	58	27	7	--
Prairies	No.	1,411	86	783	431	98	14 *
	%	100	6	55	31	7	1 *
British Columbia	No.	924	58 *	535	261	47 *	--
	%	100	6 *	58	28	5 *	--
Male							
Canada	No.	4,021	231	2,140	1,372	243	35 *
	%	100	6	53	34	6	1 *
Atlantic	No.	349	18 *	165	134	25 *	--
	%	100	5 *	47	38	7 *	--
Quebec	No.	1,086	72 *	587	351	64 *	--
	%	100	7 *	54	32	6 *	--
Ontario	No.	1,407	82 *	760	456	104 *	--
	%	100	6 *	54	32	7 *	--
Prairies	No.	718	37 *	368	262	44 *	--
	%	100	5 *	51	36	6 *	--
British Columbia	No.	461	23 *	260	169	--	--
	%	100	5 *	56	37	--	--
Female							
Canada	No.	4,039	335	2,477	900	278	49 *
	%	100	8	61	22	7	1 *
Atlantic	No.	349	19 *	195	95	40	--
	%	100	5 *	56	27	11	--
Quebec	No.	1,095	108 *	704	218	59 *	--
	%	100	10 *	64	20	5 *	--
Ontario	No.	1,440	123 *	887	326	85 *	--
	%	100	9 *	62	23	6 *	--
Prairies	No.	693	49 *	415	169	54 *	--
	%	100	7 *	60	24	8 *	--
British Columbia	No.	462	36 *	275	92	41 *	--
	%	100	8 *	60	20	9 *	--

TABLE 33

Population 20 Years of Age and Over by Body Mass Index by Age Group and Sex, Canada and Regions, 1985 – Continued

Age group, sex and region		Body mass index					
		Total	Underweight	Acceptable	Overweight	Obese	Not stated
in thousands							
45-54 years							
Both sexes							
Canada	No.	2,527	75 *	1,144	956	269	84 *
	%	100	3 *	45	38	11	3 *
Atlantic	No.	206	--	86	87	23 *	--
	%	100	--	42	42	11 *	--
Quebec	No.	681	--	315	243	79 *	--
	%	100	--	46	36	12 *	--
Ontario	No.	949	--	412	364	102 *	53 *
	%	100	--	43	38	11 *	6 *
Prairies	No.	400	--	156	189	44 *	--
	%	100	--	39	47	11 *	--
British Columbia	No.	291	--	175	73 *	--	--
	%	100	--	60	25 *	--	--
Male							
Canada	No.	1,267	33 *	563	529	121	--
	%	100	3 *	44	42	10	--
Atlantic	No.	105	--	34 *	55	13 *	--
	%	100	--	32 *	52	12 *	--
Quebec	No.	335	--	161	113 *	43 *	--
	%	100	--	48	34 *	13 *	--
Ontario	No.	476	--	188	227	44 *	--
	%	100	--	39	48	9 *	--
Prairies	No.	203	--	80	97	21 *	--
	%	100	--	39	48	10 *	--
British Columbia	No.	149	--	100	38 *	--	--
	%	100	--	68	26 *	--	--
Female							
Canada	No.	1,260	41 *	581	427	147	64 *
	%	100	3 *	46	34	12	5 *
Atlantic	No.	101	--	53	32 *	10 *	--
	%	100	--	52	32 *	10 *	--
Quebec	No.	346	--	153	131	36 *	--
	%	100	--	44	38	10 *	--
Ontario	No.	474	--	225	137	59 *	38 *
	%	100	--	47	29	12 *	8 *
Prairies	No.	197	--	76	92	23 *	--
	%	100	--	38	47	12 *	--
British Columbia	No.	142	--	75 *	34 *	--	--
	%	100	--	52 *	24 *	--	--

TABLE 33
Population 20 Years of Age and Over by Body Mass Index by Age Group and Sex, Canada
and Regions, 1985 – Continued

Age group, sex and region		Body mass index					
		Total	Underweight	Acceptable	Overweight	Obese	Not stated
in thousands							
55-64 years							
Both sexes							
Canada	No.	2,311	71 *	954	965	269	52 *
	%	100	3 *	41	42	12	2 *
Atlantic	No.	185	--	68	78	32	--
	%	100	--	37	42	17	--
Quebec	No.	605	39 *	239	246	73 *	--
	%	100	6 *	39	41	12 *	--
Ontario	No.	884	--	400	379	77 *	--
	%	100	--	45	43	9 *	--
Prairies	No.	361	16 *	121	150	65	--
	%	100	5 *	34	41	18	--
British Columbia	No.	275	--	125	111	22 *	--
	%	100	--	46	41	8 *	--
Male							
Canada	No.	1,109	33 *	456	523	85 *	--
	%	100	3 *	41	47	8 *	--
Atlantic	No.	88	--	33	39	12 *	--
	%	100	--	38	44	13 *	--
Quebec	No.	286	--	126	123	--	--
	%	100	--	44	43	--	--
Ontario	No.	425	--	174	223	--	--
	%	100	--	41	53	--	--
Prairies	No.	176	10 *	57	83	25 *	--
	%	100	6 *	32	47	14 *	--
British Columbia	No.	133	--	66	56 *	--	--
	%	100	--	49	42 *	--	--
Female							
Canada	No.	1,202	38 *	498	442	184	40 *
	%	100	3 *	41	37	15	3 *
Atlantic	No.	97	--	35	40	20 *	--
	%	100	--	36	41	21 *	--
Quebec	No.	319	--	113	124	50 *	--
	%	100	--	35	39	16 *	--
Ontario	No.	459	--	226	156	58 *	--
	%	100	--	49	34	13 *	--
Prairies	No.	185	--	64	67	40	--
	%	100	--	35	36	21	--
British Columbia	No.	142	--	60 *	56 *	17 *	--
	%	100	--	42 *	40 *	12 *	--

TABLE 33
Population 20 Years of Age and Over by Body Mass Index by Age Group and Sex, Canada
and Regions, 1985 – Concluded

Age group, sex and region		Body mass index					
		Total	Underweight	Acceptable	Overweight	Obese	Not stated
in thousands							
65 years and over							
Both sexes							
Canada	No.	2,472	192	1,046	885	298	52 *
	%	100	8	42	36	12	2 *
Atlantic	No.	232	18 *	81	89	35	10 *
	%	100	8 *	35	38	15	4 *
Quebec	No.	592	38 *	263	214	70 *	--
	%	100	6 *	45	36	12 *	--
Ontario	No.	915	76 *	406	317	105	--
	%	100	8 *	44	35	11	--
Prairies	No.	411	28 *	162	152	57	11 *
	%	100	7 *	39	37	14	3 *
British Columbia	No.	323	31 *	135	114	31 *	--
	%	100	10 *	42	35	10 *	--
Male							
Canada	No.	1,065	103	474	387	87	--
	%	100	10	44	36	8	--
Atlantic	No.	103	6 *	43	40	10 *	--
	%	100	6 *	42	39	9 *	--
Quebec	No.	246	27 *	110	84 *	--	--
	%	100	11 *	45	34 *	--	--
Ontario	No.	389	35 *	189	128	33 *	--
	%	100	9 *	49	33	8 *	--
Prairies	No.	185	15 *	73	78	16 *	--
	%	100	8 *	40	43	8 *	--
British Columbia	No.	143	20 *	59 *	56 *	--	--
	%	100	14 *	41 *	39 *	--	--
Female							
Canada	No.	1,407	89	572	499	211	36 *
	%	100	6	41	35	15	3 *
Atlantic	No.	129	12 *	38	49	25	6 *
	%	100	9 *	29	37	19	4 *
Quebec	No.	346	--	154	130	47 *	--
	%	100	--	44	38	14 *	--
Ontario	No.	526	41 *	217	188	73 *	--
	%	100	8 *	41	36	14 *	--
Prairies	No.	226	13 *	88	74	42	--
	%	100	6 *	39	33	19	--
British Columbia	No.	180	--	75	58 *	25 *	--
	%	100	--	42	32 *	14 *	--

TABLE 34
Population 20 Years of Age and Over by Body Mass Index by Age Group and Education,
Canada 1985

Age group, and education		Body mass index					
		Total	Underweight	Acceptable	Overweight	Obese	Not stated
in thousands							
All age groups							
All education levels	No.	17,730	1,224	9,332	5,475	1,409	290
	%	100	7	53	31	8	2
Some secondary or less	No.	6,751	413	2,993	2,385	835	125
	%	100	6	44	35	12	2
Secondary graduation	No.	3,313	284	1,780	1,000	203	46 *
	%	100	9	54	30	6	1 *
Some postsecondary	No.	2,735	187	1,654	733	129	31 *
	%	100	7	61	27	5	1 *
Postsecondary degree or diploma	No.	4,759	336	2,836	1,278	236	72 *
	%	100	7	60	27	5	2 *
Not stated	No.	172	--	69 *	80 *	--	--
	%	100	--	40 *	46 *	--	--
20-24 years							
All education levels	No.	2,359	320	1,572	397	52 *	--
	%	100	14	67	17	2 *	--
Some secondary or less	No.	494	83 *	307	75 *	--	--
	%	100	17 *	62	15 *	--	--
Secondary graduation	No.	598	95 *	362	124	--	--
	%	100	16 *	61	21	--	--
Some postsecondary	No.	664	85 *	476	89 *	--	--
	%	100	13 *	72	13 *	--	--
Postsecondary degree or diploma	No.	590	57 *	421	102	--	--
	%	100	10 *	71	17	--	--
Not stated	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--
25-44 years							
All education levels	No.	8,061	566	4,617	2,272	522	84 *
	%	100	7	57	28	6	1 *
Some secondary or less	No.	1,944	123	958	636	204	--
	%	100	6	49	33	10	--
Secondary graduation	No.	1,775	144	1,024	483	111	--
	%	100	8	58	27	6	--
Some postsecondary	No.	1,411	87 *	842	389	75 *	--
	%	100	6 *	60	28	5 *	--
Postsecondary degree or diploma	No.	2,858	211	1,757	729	131	30 *
	%	100	7	61	26	5	1 *
Not stated	No.	73 *	--	35 *	35 *	--	--
	%	100 *	--	49 *	48 *	--	--

TABLE 34
Population 20 Years of Age and Over by Body Mass Index by Age Group and Education,
Canada 1985 – Concluded

Age group, and education		Body mass index					
		Total	Underweight	Acceptable	Overweight	Obese	Not stated
in thousands							
45-64 years							
All education levels	No. %	4,838 100	146 3	2,097 43	1,921 40	538 11	136 3
Some secondary or less	No. %	2,563 100	80 * 3 *	1,011 39	1,050 41	364 14	58 * 2 *
Secondary graduation	No. %	698 100	-- --	294 42	291 42	67 * 10 *	-- --
Some postsecondary	No. %	495 100	-- --	261 53	189 38	30 * 6 *	-- --
Postsecondary degree or diploma	No. %	1,014 100	35 * 4 *	512 51	360 36	73 * 7 *	33 * 3 *
Not stated	No. %	69 * 100 *	-- --	-- --	31 * 45 *	-- --	-- --
65 years and over							
All education levels	No. %	2,472 100	192 8	1,046 42	885 36	298 12	52 * 2 *
Some secondary or less	No. %	1,750 100	128 7	717 41	624 36	244 14	37 * 2 *
Secondary graduation	No. %	243 100	-- --	100 41	102 42	-- --	-- --
Some postsecondary	No. %	165 100	-- --	75 46	66 * 40 *	-- --	-- --
Postsecondary degree or diploma	No. %	297 100	33 * 11 *	146 49	87 29	28 * 9 *	-- --
Not stated	No. %	-- --	-- --	-- --	-- --	-- --	-- --

TABLE 35
Population 20 Years of Age and Over by Body Mass Index by Age Group, Sex and Type of Smoker,
Canada, 1985

Age group, sex and type of smoker		Body mass index					
		Total	Underweight	Acceptable	Overweight	Obese	Not stated
in thousands							
All age groups							
Male							
Total - Type of smoker	No.	8,656	550	4,406	3,052	557	93 *
	%	100	6	51	35	6	1 *
Regular smoker	No.	3,002	244	1,536	997	197	27 *
	%	100	8	51	33	7	1 *
Occasional smoker	No.	362	--	203	116	--	--
	%	100	--	56	32	--	--
Pipe or cigar	No.	246	--	125	98 *	--	--
	%	100	--	51	40 *	--	--
Never smoked	No.	2,617	174	1,393	875	139	37 *
	%	100	7	53	33	5	1 *
Former smoker	No.	2,353	101	1,110	945	179	--
	%	100	4	47	40	8	--
Not stated	No.	77 *	--	39 *	--	--	--
	%	100 *	--	50 *	--	--	--
Female							
Total - Type of smoker	No.	9,074	674	4,926	2,424	852	197
	%	100	7	54	27	9	2
Regular smoker	No.	2,592	265	1,442	635	200	50 *
	%	100	10	56	25	8	2 *
Occasional smoker	No.	369	40 *	215	82 *	--	--
	%	100	11 *	58	22 *	--	--
Pipe or cigar	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--
Never smoked	No.	4,429	257	2,376	1,217	472	108
	%	100	6	54	27	11	2
Former smoker	No.	1,584	109	847	453	144	31 *
	%	100	7	53	29	9	2 *
Not stated	No.	86 *	--	39 *	32 *	--	--
	%	100 *	--	45 *	37 *	--	--
20-44 years							
Male							
Total - Type of smoker	No.	5,214	380	2,913	1,613	263	45 *
	%	100	7	56	31	5	1 *
Regular smoker	No.	1,913	172	1,046	579	101	--
	%	100	9	55	30	5	--
Occasional smoker	No.	272	--	166	77 *	--	--
	%	100	--	61	28 *	--	--
Pipe or cigar	No.	137	--	79 *	45 *	--	--
	%	100	--	58 *	33 *	--	--
Never smoked	No.	1,885	145	1,093	546	82 *	--
	%	100	8	58	29	4 *	--
Former smoker	No.	963	45 *	505	354	47 *	--
	%	100	5 *	52	37	5 *	--
Not stated	No.	44 *	--	26 *	--	--	--
	%	100 *	--	59 *	--	--	--
Female							
Total - Type of smoker	No.	5,205	506	3,276	1,057	310	57 *
	%	100	10	63	20	6	1 *
Regular smoker	No.	1,681	206	1,016	346	89 *	--
	%	100	12	60	21	5 *	--
Occasional smoker	No.	240	37 *	159	35 *	--	--
	%	100	15 *	66	15 *	--	--
Pipe or cigar	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--
Never smoked	No.	2,282	178	1,480	452	154	--
	%	100	8	65	20	7	--
Former smoker	No.	937	83 *	585	203	53 *	--
	%	100	9 *	62	22	6 *	--
Not stated	No.	59 *	--	29 *	--	--	--
	%	100 *	--	49 *	--	--	--

TABLE 35
Population 20 Years of Age and Over by Body Mass Index by Age Group, Sex and Type of Smoker,
Canada, 1985 – Concluded

Age group, sex and type of smoker		Body mass index					
		Total	Underweight	Acceptable	Overweight	Obese	Not stated
in thousands							
45-64 years							
Male							
Total – Type of smoker	No.	2,376	66 *	1,019	1,052	207	32 *
	%	100	3 *	43	44	9	1 *
Regular smoker	No.	847	40 *	377	341	78 *	--
	%	100	5 *	44	40	9 *	--
Occasional smoker	No.	56 *	--	--	--	--	--
	%	100 *	--	--	--	--	--
Pipe or cigar	No.	71 *	--	--	43 *	--	--
	%	100 *	--	--	61 *	--	--
Never smoked	No.	508	--	202	243	41 *	--
	%	100	--	40	48	8 *	--
Former smoker	No.	864	--	382	390	82 *	--
	%	100	--	44	45	9 *	--
Not stated	No.	30 *	--	--	--	--	--
	%	100 *	--	--	--	--	--
Female							
Total – Type of smoker	No.	2,461	80 *	1,078	868	331	104
	%	100	3 *	44	35	13	4
Regular smoker	No.	703	33 *	330	224	90 *	--
	%	100	5 *	47	32	13 *	--
Occasional smoker	No.	102	--	41 *	42 *	--	--
	%	100	--	40 *	41 *	--	--
Pipe or cigar	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--
Never smoked	No.	1,201	33 *	521	420	163	64 *
	%	100	3 *	43	35	14	5 *
Former smoker	No.	423	--	175	167	62 *	--
	%	100	--	41	40	15 *	--
Not stated	No.	26 *	--	--	--	--	--
	%	100 *	--	--	--	--	--
65 years and over							
Male							
Total – Type of smoker	No.	1,065	103	474	387	87	--
	%	100	10	44	36	8	--
Regular smoker	No.	242	32 *	114	77 *	--	--
	%	100	13 *	47	32 *	--	--
Occasional smoker	No.	33 *	--	--	--	--	--
	%	100 *	--	--	--	--	--
Pipe or cigar	No.	38 *	--	--	--	--	--
	%	100 *	--	--	--	--	--
Never smoked	No.	224	--	98	85 *	--	--
	%	100	--	44	38 *	--	--
Former smoker	No.	526	45 *	224	201	50 *	--
	%	100	9 *	43	38	10 *	--
Not stated	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--
Female							
Total – Type of smoker	No.	1,407	89	572	499	211	36 *
	%	100	6	41	35	15	3 *
Regular smoker	No.	208	26 *	96	64 *	--	--
	%	100	12 *	46	31 *	--	--
Occasional smoker	No.	27 *	--	--	--	--	--
	%	100 *	--	--	--	--	--
Pipe or cigar	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--
Never smoked	No.	947	46 *	375	345	155	26 *
	%	100	5 *	40	36	16	3 *
Former smoker	No.	224	--	88	83 *	29 *	--
	%	100	--	39	37 *	13 *	--
Not stated	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--

TABLE 36
Population 20 Years of Age and Over by Body Mass Index by Age Group and Activity Level,
Canada, 1985

Age group, and activity level		Body mass index					
		Total	Underweight	Acceptable	Overweight	Obese	Not stated
in thousands							
All age groups							
All activity level	No.	17,730	1,224	9,332	5,475	1,409	290
	%	100	7	53	31	8	2
Sedentary	No.	5,419	415	2,487	1,797	602	118
	%	100	8	46	33	11	2
Moderately active	No.	7,949	487	4,176	2,510	655	121
	%	100	6	53	32	8	2
Active	No.	4,158	308	2,544	1,115	149	41 *
	%	100	7	61	27	4	1 *
Not stated	No.	205	14 *	125	53 *	--	--
	%	100	7 *	61	26 *	--	--
20-24 years							
All activity level	No.	2,359	320	1,572	397	52 *	--
	%	100	14	67	17	2 *	--
Sedentary	No.	368	93 *	200	53 *	--	--
	%	100	25 *	55	15 *	--	--
Moderately active	No.	928	85 *	681	135	--	--
	%	100	9 *	73	15	--	--
Active	No.	1,022	135	663	205	--	--
	%	100	13	65	20	--	--
Not stated	No.	42 *	--	28 *	--	--	--
	%	100 *	--	66 *	--	--	--
25-44 years							
All activity level	No.	8,061	566	4,617	2,272	522	84 *
	%	100	7	57	28	6	1 *
Sedentary	No.	2,162	176	1,104	675	186	--
	%	100	8	51	31	9	--
Moderately active	No.	3,495	233	1,966	1,001	257	38 *
	%	100	7	56	29	7	1 *
Active	No.	2,304	151	1,481	572	76 *	--
	%	100	7	64	25	3 *	--
Not stated	No.	100 *	--	66 *	--	--	--
	%	100 *	--	67 *	--	--	--
45-64 years							
All activity level	No.	4,838	146	2,097	1,921	538	136
	%	100	3	43	40	11	3
Sedentary	No.	1,919	61 *	807	735	254	62 *
	%	100	3 *	42	38	13	3 *
Moderately active	No.	2,285	74 *	981	929	241	61 *
	%	100	3 *	43	41	11	3 *
Active	No.	586	--	287	239	43 *	--
	%	100	--	49	41	7 *	--
Not stated	No.	48	--	--	--	--	--
	%	100	--	--	--	--	--
65 years and over							
All activity level	No.	2,472	192	1,046	885	298	52 *
	%	100	8	42	36	12	2 *
Sedentary	No.	970	85 *	376	334	142	33 *
	%	100	9 *	39	34	15	3 *
Moderately active	No.	1,241	96	548	445	136	--
	%	100	8	44	36	11	--
Active	No.	247	--	114	100	--	--
	%	100	--	46	40	--	--
Not stated	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--

3.3 ACTIVITY LIMITATION

HIGHLIGHTS

- Fewer than one in ten Canadians report spending one or more illness-related days in bed in the two weeks prior to the General Social Survey.
- The 15-24 group is the most likely to report bed-days (9%), followed by the 75 and over group (7%). However, the oldest age group reports the greatest number of bed-days.
- Females are more likely to report bed-days than males until age 54, after which males are more likely to report them.
- Working Canadians are the least likely to report major activity-loss days in the two weeks prior to the GSS (6%), followed by those going to school (8%) and those keeping house (12%).
- The likelihood of having major long-term activity limitation increases sharply in older age groups, with more than one in four Canadians aged 65 and over reporting moderate or major activity limitation (26%).
- Canadians with a long-term activity limitation are much less likely to be in the labour force than those without a limitation. Nearly three out of four persons (73%) without a limitation are in the labour force compared to one in two persons with some degree of activity limitation (47%).
- More than nine out of ten persons without activity limitation (92%) report that they are in excellent or good health. Those with either moderate or major activity limitations are most likely to assess their health as fair or poor; four out of ten persons with major activity limitation rate their health as poor (40%).
- Persons with a long-term activity limitation consult a physician more frequently than those without a limitation. Fewer than one in ten Canadians (6%) without an activity limitation report 10 or more physician consultations in the year prior to the survey, compared to one in three with moderate limitation (34%) and nearly one in two with major activity limitation (48%).

- While one in ten persons in the total population aged 15 and over was hospitalized for one or more days in the year prior to the survey, much higher proportions are observed among those with activity limitation. One in four persons with moderate activity limitation has been hospitalized (26%) and this figure rises to nearly one in two persons with major activity limitation (47%).

METHODS

The concept of "activity limitation" has been measured using two different methods in previous national health surveys in Canada and the United States. Until recently, the most frequently used approach has been to measure the limitation in a person's ability to perform social and economic roles, such as going to school, keeping house, or working at paid employment. In these surveys, a further distinction has been made between short-term limitation, such as occasional periods spent in bed or otherwise inactive due to minor illnesses such as colds, and long-term activity limitation related to a chronic health condition. In the past decade, however, researchers in the field of health status indicators have developed and refined activity limitation measures suitable for use in household surveys that assess a person's general ability to perform basic activities that are required to be able to function in everyday life. They are intended to provide more precise estimates of the population that might benefit from specialized health and home care services, the provision of aids and devices and other educational, job-training and income support programs. These newer indicators are generally referred to as Activities of Daily Living (ADL) measures. The General Social Survey incorporates both short and long-term approaches to the measurement of activity limitation, and uses the ADL questions to measure long-term activity limitation.

Short-term Activity Limitation

Following the approach used in the Canada Health Survey,¹ questions in Section B (Q18-Q19) of the GSS questionnaire probed for the number of illness-related bed-days and the number of days of limitation in the respondent's "major activity" during the 14 day period ending on the Saturday immediately prior to the GSS. Major activity was classified as working, going to school, keeping house and "other". Three categories of short-term activity limitation are presented. First, respondents were asked (Q12) if they had stayed in bed

(bed-days) for health reasons during the 14 days prior to the survey. Second, respondents were asked (Q16-Q19) if there were any days during those two weeks (not including bed-days) when they had cut down on their major activity for health reasons, either partially or completely. This second category has been termed "major activity-loss days". Finally, for the purposes of this report, bed-days and cut-down days have been totalled in a third category, called "disability days".

No attempt has been made to calculate an annual estimate of the total number of short-term disability days, as was done in the Canada Health Survey. The main reason for this is that the Canada Health Survey was conducted in a nine-month period from July 1978 through March 1979, thus taking into account seasonal aspects of short-term activity limitation. The Canada Health Survey found that more disability days are reported during the winter months than at other times of the year. Thus the analysis of short-term disability in this chapter is limited to an examination by age, sex and major activity for September and October only, and no comparisons are made with 1978/79.

Long-term Activity Limitation

The presence of long-term activity limitation was determined from the responses to 11 questions in Section D of the questionnaire. The first 10 of these questions (Q27-Q36) assess the degree of limitation in the respondent's ability to perform basic and practically universal activities of everyday life. This series of questions was prefaced with the following statement; "Now I would like to ask you some questions about what you can do on an average day, with any aids if you normally use them. Please exclude any temporary difficulties you might be experiencing due to pregnancy or injury". These questions attempt to capture activity limitation that is experienced even with the use of a device or aid such as eyeglasses, and to exclude those limitations that are likely to be temporary. As an example, the first question (Q27) asks "Do you have trouble walking 400 metres without resting; that's about 3 city blocks?". Those who indicated trouble were asked further: "Are you completely unable to do this", with responses "yes" and "no". In addition to the 10 ADL questions, respondents were asked (Q37) if they were limited in their activities at home, work or school because of a health problem. The questions and their responses correspond closely to the World Health Organization definition of

disability, as "any restriction or lack ... of ability to perform an activity in the manner or within the range considered normal for a human being."²

The classifications used for this report are described below.

Presence of Activity Limitation

Every person who indicated having difficulty with one or more of the ADL questions, or who reported that they were limited in their activity at home work or school, is considered to have a long-term activity limitation.

Degree of Activity Limitation

The degree of activity limitation was determined from the number of ADL questions answered positively. Four categories were developed. Those who had difficulty with some activities but could perform all of them are considered to have "some" activity limitation. Those who were unable to perform one or two activities are considered to have "moderate" activity limitation, and those who were unable to perform three or more activities are classified as having "major" activity limitation. Respondents who only indicated that they were limited in the kind of activity that they could do at home, at work or at school (Q.37) are classified as "degree unknown" in terms of the degree of activity limitation.

Nature of Activity Limitation

The ADL questions were further grouped according to the nature of activity limitation. The groups, and the questions associated with them, are as follows; mobility (Q27, Q28, Q29, Q30), agility (Q31, Q32, Q33, Q34), seeing (Q35) and hearing (Q36). Those who reported difficulty only in the general activity limitation question were classified as "nature unknown". Respondents may have more than one "nature of activity limitation" depending on the number and type of ADL questions with which they reported having difficulty.

Activities of Independent Living

In the course of previous research that has developed the Activities of Daily Living questions, attempts have also been made to measure the ability of a person to live independently in the community, rather than in an institution. These latter indices assess the ability to perform such tasks as housework, shopping, and personal care activities such as dressing and eating. The General Social Survey asked a series of such questions to

respondents aged 55 and over. These questions are found in Section M of the questionnaire (Q84-Q103). For the purposes of examining the impact of activity limitation on the ability to live independently, indicators were developed for the following areas; yard work, light house work, heavy housework, meal preparation, grocery shopping, money management and personal care.

A common approach was used in the construction of categories and definitions of these indicators, illustrated below with the example of personal care. Question 101 asked "Do you usually get help with personal care such as dressing, feeding or taking medication?" Those who said "no" are classified as "does/could do alone" for this activity. Those who indicated that they did receive help were asked further, (Q.103) "If you had to, could you care for yourself without help?" Those who replied "yes" are placed in the "does/could do alone" category. Those who replied "no" were asked, "Are you completely unable to care for yourself?" Those who replied "no" are placed in the "requires help" category, and those who replied "yes" are placed in the "unable" category. The ability to perform work in the yard was not assessed for those persons living in apartments.

RESULTS

Short-term Activity Limitation

Bed-Days

Fewer than one in ten Canadians in any age-sex group report having spent one or more days in bed (for health-related reasons) in the two weeks prior to the survey (Table 37). Overall, males are slightly less likely to report bed-days than females (5% vs. 7%). Males also tend to report fewer bed-days than females, with one bed-day reported most frequently by males (2%) compared to three or more bed days reported most frequently by females (3%).

Across age groups, the 15-24 group is the most likely to report bed-days, at 9%, followed by the 75 and over age group at 7%. In terms of the total number of bed-days, however, the oldest age group is the most likely to report having spent several days in bed. Half of those in the 15-24 group who report bed days indicate just one bed-day, whereas nearly two-thirds (63%) of those aged 75 and over who report bed-days indicate three or more such days.

The largest sex differences in the reporting of bed-days are observed in the 25-44 and 45-54 age groups, with females being roughly twice as likely to report one or more days as males. These differences are concentrated in the three days and over category. Females are more likely to report bed-days than males until age 54, after which males become more likely to report them.

In summary, although the likelihood of spending one or more illness-related days in bed in the two weeks prior to the survey does not vary widely across age groups, older Canadians are more likely to report three or more bed-days than those at younger ages. Differences between the sexes are rather small.

Major Activity-Loss Days

Major activity-loss days were recorded only for those who indicated that their major activity is working, going to school or keeping house. The "other" category is most likely composed of retired persons, as nearly two thirds of this group are over the age of 55. Just over one-half of the respondents indicated that their major activity is working (53%), while one in ten indicated school (12%) and one in four (25%) reported keeping house as their major activity (Table 38).

In the total population, those whose major activity is working are the least likely to report major activity-loss days (6%), followed by those going to school (8%) and those who indicated keeping house (12%). Differences between working and studying are rather small within age groups, however. Those whose major activity is keeping house also tend to report the greatest numbers of activity-loss days, in each age group. Seven per cent of this group report the loss of three or more major activity days in the two week period, with the result that they are more than three times as likely to report this number of activity-loss days as those who are working (2%). Among persons who are going to school more than half of those reporting time off their major activity indicate the loss of just one day of school.

Females are twice as likely as males to report one or more major activity-loss days in the two weeks prior to the General Social Survey (10% vs. 5%). This difference is observed mainly among those whose major activity is working, and this finding holds true across age groups.

Disability Days

Table 39 combines bed-days and major activity-loss days to provide a total "disability days" estimate, by sex and age group. When all sources of short-term

activity limitation are combined, 14% of Canadians aged 15 and over report at least one disability day in the 14 days prior to the survey. Moreover, among those reporting at least one day, more than half of them, numbering some 1.5 million Canadians, report 3 or more disability days. The likelihood of reporting disability days remains stable in age groups up to 64, at about 12%, thereafter increasing to 17% among those aged 65-74, and reaches 24% among those aged 75 and over.

Females are more likely than males to report disability days in all age groups, with the largest difference observed in the 75 and over group, where nearly three out of ten females report one or more disability days (28%) compared to two out of ten males (18%).

The number of disability days also increases with age; roughly one half of those reporting disability days under age 45 report three or more such days, this figure increases to 77% among those reporting disability days in the 75 and over group.

Across all age groups, Text Table H shows that there is little regional variation in the proportion of the population reporting one or more

disability-days in the two-week period prior to the General Social Survey. Overall, Quebec males and females are the least likely to report disability days. The lower likelihood of reporting short-term disability days in Quebec is observed primarily in the younger age groups. Fewer than one in ten persons in Quebec in the 15-24 age group report one or more disability days (9%) compared to nearly two in ten in Ontario and British Columbia (18%). In the 65 and over group, however, Quebec males are equally likely to report disability days as those in Ontario and British Columbia. In the oldest age groups, males in the Prairies Provinces are the least likely to report disability-days.

Among females, the greatest regional variation is observed in the older age groups. In the 75 and over group, females in Ontario and British Columbia are the most likely to report disability days, at over 30%, while those in Atlantic Canada are least likely to report them, at 15%.

There is no consistent regional pattern across age groups, particularly among females. In British Columbia, for example, while females aged 15-24 are the most likely to report disability days (26%), those aged 55-64 are the least likely to report them (8%).

TEXT TABLE H.

Proportion of Population 15 Years of Age and Over Reporting One or More Short-Term Disability-Days by Region, Sex and Age Group, Canada, 1985

	Canada	Atlantic Region	Quebec	Ontario	Prairie Provinces	British Columbia
Both Sexes						
All age groups	14	15	12	15	14	15
15-24	15	15	9 *	18	15	18 *
25-44	12	15	10	12	12	13
45-64	13	15	12	14	12	12 *
65 years and over	20	15	21	21	17	21
Males						
All age groups	11	12	8	13	10	12
15-24	12	12 *	--	18	13 *	10 *
25-44	10	11	9 *	10	8	12 *
45-64	10	12 *	6 *	12 *	9 *	10 *
65 years and over	16	15 *	17 *	16 *	12 *	17 *
Females						
All age groups	17	18	15	17	17	18
15-24	17	18	13 *	18	18	26 *
25-44	14	19	12	14	17	14 *
45-64	16	18 *	18 *	15	14 *	13 *
65 years and over	23	15 *	24 *	24	20	24 *

Long-term Activity Limitation

In the total population aged 15 or over, one in three (32%) Canadians report having difficulty with one or more of the Activities of Daily Living items (Table 40).³ However, more than nine out of ten persons are capable of performing all of the activities; 4% are classified as having "moderate" activity limitation (unable to perform one or two activities) and a further 2% are considered as having "major" activity limitation (unable to perform three or more activities).

Regions

Text Table I shows the proportion of the total population reporting an activity limitation across regions. In order to take account of regional variations in the age distribution, an age-adjusted proportion has also been calculated based on the figures in Table 40.

TEXT TABLE I.

Proportion of Population 15 Years of Age and Over Reporting an Activity Limitation, Canada and Regions, 1985

	Unstandardized	Age-Standardized ¹
	%	%
Canada Total	32	32
Atlantic Canada	36	37
Quebec	29	29
Ontario	33	32
Prairies Provinces	34	35
British Columbia	27	27

¹ To the total Canadian population, aged 15 and over.

Persons living in Atlantic Canada and the Prairie Provinces are the most likely to report an activity limitation, at about 36% (before standardizing for age). Persons living in British Columbia are the least likely to report activity limitation, at 27%, followed by residents of Quebec at 29%. The application of an age-standardization does not change the rank ordering of the provinces, and has the effect of making the difference between Atlantic Canada and British Columbia slightly greater. Table 40 examines the regional pattern by age sex and degree of activity limitation.

Males in Quebec emerge as the group least likely to report long-term activity limitation, at two out of 10 (20%). Quebec females, however, are similar to the national figures in terms of the proportion reporting an activity limitation (36%). Among females, those in British Columbia are the least likely to report activity limitation, at 30%. The highest proportions of both males and females reporting long-term activity limitation are observed in Atlantic Canada (32% and 40%).

Sex and Age

The likelihood of reporting an activity limitation increases steadily with age. Two out of ten persons below the age of 45 report a limitation compared to seven out of ten in the 65 and over age group. Among those who are limited, the degree of activity limitation also increases with age, most sharply after age 65. Below age 45 two percent or fewer of the total population is considered to have either moderate or major activity limitation; this increases to 8% of the population aged 45-64, and more than triples in the 65 and over age group to 26%.

Overall, females are somewhat more likely to report activity limitation (35%) than males (27%). Most of this difference is due to a higher proportion of females in the "some" limitation category. The largest differences between males and females are observed in the 65 and over age group, where females are twice as likely as males to be classified as having major activity limitation (12% vs. 6%).

Nature of Activity Limitation

Table 41 examines the nature of activity limitation by age and sex. Mobility limitations are reported by one in five in the total population (20%) and a slightly smaller proportion report agility limitations (17%). A hearing limitation is reported by just under one in ten adults in the population (8%) and a vision limitation is reported by fewer than one in twenty (4%). As noted in the introduction to this chapter, these figures represent estimates of uncorrected limitations, i.e., problems that are experienced even though a person may be using devices such as a cane or walker, eyeglasses or a hearing aid. It should be remembered, however, that mobility and agility limitations were based on four ADL questions each, while just one ADL question each was asked for hearing and seeing limitations. Males and females are fairly equally likely to report seeing and hearing limitations and females are more likely than males to report limitations in mobility (25% vs. 15%). The prevalence of all types of activity limitation increases with age, with the 75 and over group being roughly seven to ten times as likely as the 15-24 group to report each type of limitation.

Among Canadians age 75 and over, nearly two out of three report a mobility limitation (64%), one in two report an agility limitation (58%), one in three report a hearing limitation (34%) and one in five report a vision limitation (20%).

In the older age groups females are much more likely than males to report agility and mobility limitations, while males are somewhat more likely to report hearing limitations.

Labour Force Participation

Table 42 examines labour force characteristics by the degree of activity limitation, for males and females. There is a strong negative relationship between the degree of activity limitation and the likelihood of labour force participation. Nearly three out of four persons (73%) with no activity limitation are in the labour force (either employed or unemployed) compared to one in two persons with an activity limitation (47%). Fewer than two in ten persons with either moderate or major activity limitation are in the labour force, although persons with moderate or major activity limitation are more likely to be older and thus would not normally be in the labour force.

Similar findings are observed for males and females although males have higher overall levels of labour force participation. Six out of ten males with "some" activity limitation are employed, (61%) compared to four out of ten females (40%). One of the smallest differences between males and females is observed in the moderate activity limitation category, with 31% of males in this group employed, compared to 21% of the females.

Education

There is a negative relationship between the degree of activity limitation and the level of education attained (Table 43). Nearly three out of ten persons with no activity limitation have received a post-secondary degree or a diploma (28%), compared to just over one in ten persons with major activity limitation (12%). Looking at the lower levels of education, it may be seen that three out of four persons with major activity limitation have not completed secondary school (76%), compared to one in three persons with no activity limitation (33%). Across age groups, those persons with activity limitation are more likely to have attained "some secondary education or less" than persons with no activity limitation. However, in the 25-44 group, those with moderate activity limitation are similar to those without activity limitation in terms of the proportion completing a post-secondary degree or diploma (35% vs 37%).

Income

Table 44 shows that there is a strong negative relationship between the degree of activity limitation and the level of household income. There is a high level of non-response for this variable (37%), however, the level of non-response is uniform across the categories of the degree of activity limitation variable. The categories of income approximate quintiles, based on the distribution of known responses. When the non-responses are taken into account, there is roughly 13% of the population in each of the five income groups. Household income has not been adjusted for the size of the household or the size of the community. Persons with activity limitation are more than twice as likely to come from households in the lowest income group (\$15,000) as persons with no activity limitation (21% vs 9%).

The population is clearly divided into two groups when income and the degree of activity limitation are examined together (data not shown). Those with no activity limitation or some limitation are much more likely to live in upper income households than

those with moderate or major activity limitation. Age is certainly one factor that accounts for this relationship in that persons with more severe limitations are more likely to be older, and are also more likely to be found in lower income households. Across age groups, persons with activity limitation are more likely to be found in the lowest income quintile.

Activity Limitation and General Health Status

Tables 45 to 47 examine the relationship between activity limitation and the overall measures of self-rated health status (Q1), satisfaction with health (Q73a) and general level of happiness (Q75). Other correlates of these three variables are examined in section 3.1.

Table 45 shows that there is a strong negative relationship between the degree of activity limitation and self-rated health status. More than nine out of ten persons without an activity limitation (92%) report that they are in excellent or good health, compared to over six out of ten persons with "some" activity limitation (66%). Much lower perceived levels of health are reported among persons in the "moderate" and "major" categories of activity limitation; they are most likely to assess their health as fair or poor. In the total population, while 3%, numbering some 668,000 Canadians, report that they are in poor health, it may be seen that this group is comprised almost entirely of persons who have an activity limitation. While just one in twenty persons with "some" activity limitation reports poor health (5%) this figure rises to four out of ten persons with "major" activity limitation (40%).

Virtually all persons with no activity limitation (95%) report that they are either "very" or "somewhat" satisfied with their health (Table 46). The level of health satisfaction drops markedly with increasing severity of activity limitation. Eight out of ten persons with "some" limitation report that they are either very or somewhat satisfied; this figure drops to one in two among persons with moderate or major activity limitation.

Table 47 shows that there is a negative relationship between reported happiness and the degree of activity limitation, however, it is not as strong as that observed for perceived health and health satisfaction. More than nine out of ten persons (97%) with no activity limitation report that they are either "very" or "somewhat" happy, compared to over seven out of ten persons with moderate or major activity limitation.

In summary, the three general health and well-being measures indicate that those with moderate and major activity limitation report markedly lower levels of health and health satisfaction than those persons without activity limitation and persons with "some" limitation.

Activity Limitation and Health Care Utilization

Table 48 shows clearly that persons with activity limitation use more physician care than those without activity limitation. Fewer than one in ten Canadians (6%) without an activity limitation report 10 or more physician consultations in the past year, compared to one in three with moderate activity limitation (34%), and nearly one in two with major activity limitation (48%). The trend toward more frequent physician consultation among persons with activity limitation is observed across all age groups.

The relationship is most pronounced in the 45-64 age group. Fifty-eight percent of persons with a major activity limitation in this age range report 10 or more physician consultations, compared to 4% of those with no activity limitation.

Persons with an activity limitation are more likely to have been hospitalized during the previous year (Table 49). This relationship is observed primarily among those in the moderate and major categories of activity limitation, as those with "some" activity limitation are only slightly more likely to have been hospitalized than those without activity limitation (13% vs 8%). One in four persons with moderate activity limitation has been hospitalized (26%), and this figure rises to nearly one in two persons with major activity limitation (47%). Among persons with no limitation, fewer than one in ten have been hospitalized during the past year; this is true of every age group. Among persons with long-term activity limitation, those with moderate or major limitation are more likely to be hospitalized than those with some limitation in every age group. In the 45-64 group, 64% of those persons with major activity limitation report having been hospitalized during the past year. In the 65 and over group, however, this figure drops to 39%, perhaps because such persons are likely to be living in long-term health care institutions, and thus would not have been included in the General Social Survey.

Activity Limitation and Aspects of Independent Living

Among the activities of independent living shown in Table 50, Canadians age 55 and over report the greatest independence in the areas of personal care

and light housework, and the least independence in working in the yard and about their homes.

For each activity examined, persons with either moderate or major activity limitation indicate a greater degree of dependence on others than persons without an activity limitation. There is a marked drop in the level of independence between the "some" limitation category and the moderate and major categories. With the exception of yardwork and heavy housework, more than nine out of ten persons with no activity limitation or with some activity limitation indicate that they are capable of performing each activity without the assistance of another person.

High levels of dependence are reported among those persons in the major activity limitation category. Significant numbers of this group report that they are completely unable to carry out each of the household tasks examined; one in four (26%) are completely unable to do light house work, one in two cannot do their grocery shopping (52%), and nearly one in three are completely unable to prepare meals (29%).

DISCUSSION

Short-term disability appears to be unevenly distributed in the population, and may be affected by both health problems and social obligations. Working Canadians are least likely to report bed-days, for example; this may be because they are healthier than other groups, or it may be because they find it more difficult to take time from their major activity. Poor health alone is unlikely to be the reason that those age 15-24 are most likely to report bed-days.

Homemakers are more likely than those working outside the home to report major activity-loss days and to report three or more such days. This suggests that health status contributes to their choice of major activity, since persons in poorer health are less likely to work outside the home. This is further suggested by the fact that, while

working males are much less likely to report major activity-loss days than females, males who report "keeping house" are only slightly less likely than females with the same major activity to report activity-loss days (11% vs 12%).

The approach to the measurement of long-term activity limitation in the General Social Survey indicates that there are over one million Canadians living in the household population who have moderate or major long-term activity limitation. These people are most likely to be older Canadians; nearly one in two persons with moderate activity limitation is aged 65 or over (46%), this figure increases to two out of three persons with major activity limitation (66%).

An examination of other characteristics suggests that activity limitation, particularly the moderate and major levels, has a profound impact on the quality of the lives of these individuals. They are much less likely to participate in the labour force than persons without activity limitation. They are much more likely to report low levels of perceived health and health satisfaction. Their poorer health status is reflected in a greater frequency of physician consultation and a higher likelihood of hospitalization.

Moreover, the impact of activity limitation is not confined to activities outside the home, such as working at paid employment. Those with moderate and major activity limitation are much more likely to require the assistance of others in performing everyday household tasks, such as light housework and meal preparation.

If the prevalence rate of the more severe levels of activity limitation remains the same while the Canadian population ages it seems likely that the demand for services such as home care will increase markedly in the future. Further insight about the prospects for a lower prevalence rate will require more detailed research into the nature of the medical conditions that underlie activity limitation, and other factors such as the age at onset of activity limitation.

NOTES

- 1 Health and Welfare Canada and Statistics Canada. *The Health of Canadians: Report of the Canada Health Survey*, Catalogue 82-538, Ottawa, Minister of Supply and Services Canada, 1981.
- 2 World Health Organization. *International Classification of Impairments, Disabilities and Handicaps*, Geneva, WHO, 1980, p.27.
- 3 While the ADL questions and categories of activity limitation are similar to those of the 1983-1984 Canadian Health and Disability Survey (CHDS) the methodological approaches used in the two surveys differ significantly. The principal difference is that the CHDS used a more rigorous approach in the identification of long-term activity limitation. First, the ADL questions were prefaced with the statement, "The supplementary questions this month are about health conditions, disabilities and handicaps.

Please report only those long-term difficulties which are expected to last more than 6 months". This is in comparison to the "what can you do on an average day" approach used in the General Social Survey. Second, respondents in the CHDS who reported difficulty with any of the ADL questions were asked further, "What is the main condition or health problem which causes (respondent) trouble ...?" and "At what age did (respondent) first have trouble ...", thus further reducing the likelihood of reporting either very minor or episodic activity limitation. For further details the reader is referred to; Statistics Canada and the Department of the Secretary of State of Canada. *Report of the Canadian Health and Disability Survey, 1983-1984*. Catalogue 82-555, Ottawa: Minister of Supply and Services Canada, 1986 and David A. Binder and Jean-Pierre Morin, "The Use of Activities of Daily Living Questions to screen for Disabled Persons in a Household Survey," presentation to the annual meeting of the International Statistical Institute, Tokyo, September, 1987.

TABLE 37
Population 15 Years of Age and Over by Bed-Days in the Two Weeks Prior to the Survey, by Age Group and Sex, Canada, 1985

Age group, and sex		Number of bed-days						
					With bed-days			
		Total	None	Not stated	Total	One	Two	Three or more
in thousands								
All age groups								
Both sexes	No.	19,668	18,390	56 *	1,222	454	333	436
	%	100	94	-- *	6	2	2	2
Male	No.	9,649	9,128	--	500	199	145	156
	%	100	95	--	5	2	2	2
Female	No.	10,019	9,262	35 *	723	255	188	280
	%	100	92	-- *	7	3	2	3
15-24 years								
Both sexes	No.	4,297	3,900	--	383	195	112	76 *
	%	100	91	--	9	5	3	2 *
Male	No.	2,186	2,010	--	176	99 *	49 *	28 *
	%	100	92	--	8	5 *	2 *	1 *
Female	No.	2,111	1,891	--	206	96 *	63 *	48 *
	%	100	90	--	10	5 *	3 *	2 *
25-44 years								
Both sexes	No.	8,061	7,581	--	457	191	113	154
	%	100	94	--	6	2	1	2
Male	No.	4,021	3,849	--	162	76 *	40 *	46 *
	%	100	96	--	4	2 *	1 *	1 *
Female	No.	4,039	3,732	--	296	115	73 *	108
	%	100	92	--	7	3	2 *	3
45-54 years								
Both sexes	No.	2,527	2,405	--	108	26 *	38 *	44 *
	%	100	95	--	4	1 *	2 *	2 *
Male	No.	1,267	1,230	--	28 *	--	--	--
	%	100	97	--	2 *	--	--	--
Female	No.	1,260	1,175	--	80 *	--	26 *	36 *
	%	100	93	--	6 *	--	2 *	3 *
55-64 years								
Both sexes	No.	2,311	2,189	--	120	--	38 *	61 *
	%	100	95	--	5	--	2 *	3 *
Male	No.	1,109	1,046	--	63 *	--	29 *	25 *
	%	100	94	--	6 *	--	3 *	2 *
Female	No.	1,202	1,144	--	56 *	--	--	36 *
	%	100	95	--	5 *	--	--	3 *
65-74 years								
Both sexes	No.	1,573	1,482	--	88	--	--	60 *
	%	100	94	--	6	--	--	4 *
Male	No.	722	679	--	42 *	--	--	30 *
	%	100	94	--	6 *	--	--	4 *
Female	No.	851	802	--	47 *	--	--	30 *
	%	100	94	--	5 *	--	--	4 *
75 years and over								
Both sexes	No.	900	832	--	67 *	--	--	42 *
	%	100	93	--	7 *	--	--	5 *
Male	No.	344	314	--	29 *	--	--	--
	%	100	91	--	8 *	--	--	--
Female	No.	556	518	--	38 *	--	--	23 *
	%	100	93	--	7 *	--	--	4 *

TABLE 38

Population 15 Years of Age and Over by Major Activity-Loss Days in the Two Weeks Prior to the Survey, by Age Group, Sex and Major Activity, Canada 1985

Age group, sex and major activity		Number of major activity-loss days							
						With loss days			
		Total	None	Not applicable	Not stated	Total	One	Two	Three or more
in thousands									
All age groups									
Both sexes									
Total – Major activity	No.	19,668	16,090	1,941	239	1,399	407	332	660
	%	100	82	10	1	7	2	2	3
Working	No.	10,460	9,770	--	57 *	633	189	186	258
	%	100	93	--	1 *	6	2	2	2
School	No.	2,270	2,060	--	--	193	111	35 *	47 *
	%	100	91	--	--	8	5	2 *	2 *
Keeping house	No.	4,888	4,260	--	59 *	569	107	110	351
	%	100	87	--	1 *	12	2	2	7
Other	No.	1,941	--	1,941	--	--	--	--	--
	%	100	--	100	--	--	--	--	--
Unknown	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--
Not stated	No.	106	--	--	106	--	--	--	--
	%	100	--	--	100	--	--	--	--
Male									
Total – Major activity	No.	9,649	7,642	1,461	112	434	147	91 *	196
	%	100	79	15	1	5	2	1 *	2
Working	No.	6,447	6,136	--	31 *	281	88 *	61 *	132
	%	100	95	--	--	4	1 *	1 *	2
School	No.	1,205	1,090	--	--	102	55 *	--	29 *
	%	100	90	--	--	8	5 *	--	2 *
Keeping house	No.	475	417	--	--	51 *	--	--	35 *
	%	100	88	--	--	11 *	--	--	7 *
Other	No.	1,461	--	1,461	--	--	--	--	--
	%	100	--	100	--	--	--	--	--
Not stated	No.	--	--	--	62 *	--	--	--	--
	%	--	--	--	100 *	--	--	--	--
Female									
Total – Major activity	No.	10,019	8,448	480	127	964	260	241	464
	%	100	84	5	1	10	3	2	5
Working	No.	4,013	3,634	--	26 *	352	101	125	127
	%	100	91	--	1 *	9	3	3	3
School	No.	1,066	971	--	--	91 *	56 *	--	--
	%	100	91	--	--	9 *	5 *	--	--
Keeping house	No.	4,413	3,843	--	52 *	517	104	98 *	316
	%	100	87	--	1 *	12	2	2 *	7
Other	No.	480	--	480	--	--	--	--	--
	%	100	--	100	--	--	--	--	--
Unknown	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--
Not stated	No.	45 *	--	--	45*2	--	--	--	--
	%	100 *	--	--	100 *	--	--	--	--

TABLE 38

Population 15 Years of Age and Over by Major Activity-Loss Days in the Two Weeks Prior to the Survey, by Age Group, Sex and Major Activity, Canada 1985 – Continued

Age group, sex and major activity		Number of major activity-loss days							
						With loss days			
		Total	None	Not applicable	Not stated	Total	One	Two	Three or more
in thousands									
15-24 years									
Both sexes									
Total – Major activity	No.	4,297	3,660	215	40 *	381	172	105	104
	%	100	85	5	1 *	9	4	2	2
Working	No.	1,783	1,596	--	--	167	60 *	59 *	48 *
	%	100	90	--	--	9	3 *	3 *	3 *
School	No.	1,999	1,811	--	--	171	108	32 *	32 *
	%	100	91	--	--	9	5	2 *	2 *
Keeping house	No.	296	253	--	--	41 *	--	--	--
	%	100	86	--	--	14 *	--	--	--
Other	No.	215	--	215	--	--	--	--	--
	%	100	--	100	--	--	--	--	--
Unknown	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--
Not stated	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--
Male									
Total – Major activity	No.	2,186	1,873	145	--	149	74 *	38 *	38 *
	%	100	86	7	--	7	3 *	2 *	2 *
Working	No.	941	877	--	--	58 *	--	--	--
	%	100	93	--	--	6 *	--	--	--
School	No.	1,066	962	--	--	91 *	52 *	--	--
	%	100	90	--	--	9 *	5 *	--	--
Keeping house	No.	34 *	34 *	--	--	--	--	--	--
	%	100 *	100 *	--	--	--	--	--	--
Other	No.	145	--	145	--	--	--	--	--
	%	100	--	100	--	--	--	--	--
Female									
Total – Major activity	No.	2,111	1,787	70 *	--	232	98 *	68 *	66 *
	%	100	85	3 *	--	11	5 *	3 *	3 *
Working	No.	842	719	--	--	109	39 *	38 *	32 *
	%	100	85	--	--	13	5 *	5 *	4 *
School	No.	933	849	--	--	80 *	55 *	--	--
	%	100	91	--	--	9 *	6 *	--	--
Keeping house	No.	262	219	--	--	41 *	--	--	--
	%	100	84	--	--	15 *	--	--	--
Other	No.	70 *	--	70 *	--	--	--	--	--
	%	100 *	--	100 *	--	--	--	--	--
Unknown	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--
Not stated	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--

TABLE 38

Population 15 Years of Age and Over by Major Activity-Loss Days in the Two Weeks Prior to the Survey, by Age Group, Sex and Major Activity, Canada 1985 – Continued

Age group, sex and major activity		Number of major activity-loss days							
						With loss days			
		Total	None	Not applicable	Not stated	Total	One	Two	Three or more
in thousands									
25-44 years									
Both sexes									
Total – Major activity	No.	8,061	7,155	316	64 *	526	160	132	235
	%	100	89	4	1 *	7	2	2	3
Working	No.	5,770	5,417	--	--	329	106	92 *	131
	%	100	94	--	--	6	2	2 *	2
School	No.	235	218	--	--	--	--	--	--
	%	100	93	--	--	--	--	--	--
Keeping house	No.	1,730	1,520	--	28 *	181	51 *	37 *	93 *
	%	100	88	--	2 *	11	3 *	2 *	5 *
Other	No.	316	--	316	--	--	--	--	--
	%	100	--	100	--	--	--	--	--
Not stated	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--
Male									
Total – Major activity	No.	4,021	3,617	207	--	179	62 *	--	94 *
	%	100	90	5	--	4	2 *	--	2 *
Working	No.	3,546	3,387	--	--	146	57 *	--	71 *
	%	100	96	--	--	4	2 *	--	2 *
School	No.	128	117	--	--	--	--	--	--
	%	100	91	--	--	--	--	--	--
Keeping house	No.	139	114	--	--	--	--	--	--
	%	100	82	--	--	--	--	--	--
Other	No.	207	--	207	--	--	--	--	--
	%	100	--	100	--	--	--	--	--
Not stated	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--
Female									
Total – Major activity	No.	4,039	3,537	109	45 *	348	98 *	110	140
	%	100	88	3	1 *	9	2 *	3	3
Working	No.	2,225	2,030	--	--	182	49 *	74 *	60 *
	%	100	91	--	--	8	2 *	3 *	3 *
School	No.	107	101	--	--	--	--	--	--
	%	100	95	--	--	--	--	--	--
Keeping house	No.	1,591	1,406	--	--	160	49 *	33 *	77 *
	%	100	88	--	--	10	3 *	2 *	5 *
Other	No.	109	--	109	--	--	--	--	--
	%	100	--	100	--	--	--	--	--
Not stated	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--

TABLE 38

Population 15 Years of Age and Over by Major Activity-Loss Days in the Two Weeks Prior to the Survey, by Age Group, Sex and Major Activity, Canada 1985 – Continued

Age group, sex and major activity		Number of major activity-loss days							
						With loss days			
		Total	None	Not applicable	Not stated	Total	One	Two	Three or more
in thousands									
45-64 years									
Both sexes									
Total – Major activity	No.	4,838	3,945	534	54 *	304	50 *	54 *	200
	%	100	82	11	1 *	6	1 *	1 *	4
Working	No.	2,709	2,573	--	--	124	--	30 *	71 *
	%	100	95	--	--	5	--	1 *	3 *
School	No.	34 *	29 *	--	--	--	--	--	--
	%	100 *	84 *	--	--	--	--	--	--
Keeping house	No.	1,530	1,343	--	--	174	27 *	--	123
	%	100	88	--	--	11	2 *	--	8
Other	No.	534	--	534	--	--	--	--	--
	%	100	--	100	--	--	--	--	--
Unknown	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--
Not stated	No.	29 *	--	--	29 *	--	--	--	--
	%	100 *	--	--	100 *	--	--	--	--
Male									
Total – Major activity	No.	2,376	1,853	416	29 *	78 *	--	--	47 *
	%	100	78	18	1 *	4 *	--	--	2 *
Working	No.	1,808	1,730	--	--	66 *	--	--	39 *
	%	100	96	--	--	3 *	--	--	2 *
School	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--
Keeping house	No.	128	114	--	--	--	--	--	--
	%	100	89	--	--	--	--	--	--
Other	No.	416	--	416	--	--	--	--	--
	%	100	--	100	--	--	--	--	--
Not stated	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--
Female									
Total – Major activity	No.	2,461	2,092	118	--	226	41 *	33 *	152
	%	100	85	5	--	9	2 *	1 *	6
Working	No.	901	843	--	--	58 *	--	--	31 *
	%	100	94	--	--	6 *	--	--	3 *
School	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--
Keeping house	No.	1,402	1,230	--	--	161	27 *	--	115
	%	100	88	--	--	11	2 *	--	8
Other	No.	118	--	118	--	--	--	--	--
	%	100	--	100	--	--	--	--	--
Unknown	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--
Not stated	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--

TABLE 38

Population 15 Years of Age and Over by Major Activity-Loss Days in the Two Weeks Prior to the Survey, by Age Group, Sex and Major Activity, Canada 1985 – Concluded

Age group, sex and major activity		Number of major activity-loss days							
						With loss days			
		Total	None	Not applicable	Not stated	Total	One	Two	Three or more
in thousands									
65 years and over									
Both sexes									
Total – Major activity	No.	2,472	1,330	875	80 *	187	26 *	40 *	121
	%	100	54	35	3 *	8	1 *	2 *	5
Working	No.	198	184	--	--	--	--	--	--
	%	100	93	--	--	--	--	--	--
School	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--
Keeping house	No.	1,331	1,143	--	--	173	25 *	35 *	113
	%	100	86	--	--	13	2 *	3 *	8
Other	No.	875	--	875	--	--	--	--	--
	%	100	--	100	--	--	--	--	--
Unknown	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--
Not stated	No.	65 *	--	--	65 *	--	--	--	--
	%	100 *	--	--	100 *	--	--	--	--
Male									
Total – Major activity	No.	1,065	299	693	46 *	28 *	--	--	--
	%	100	28	65	4 *	3 *	--	--	--
Working	No.	153	142	--	--	--	--	--	--
	%	100	93	--	--	--	--	--	--
School	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--
Keeping house	No.	173	155	--	--	--	--	--	--
	%	100	90	--	--	--	--	--	--
Other	No.	693	--	693	--	--	--	--	--
	%	100	--	100	--	--	--	--	--
Not stated	No.	45 *	--	--	45 *	--	--	--	--
	%	100 *	--	--	100 *	--	--	--	--
Female									
Total – Major activity	No.	1,407	1,031	183	34 *	159	23 *	31 *	105
	%	100	73	13	2 *	12	2 *	2 *	7
Working	No.	46 *	42 *	--	--	--	--	--	--
	%	100 *	93 *	--	--	--	--	--	--
School	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--
Keeping house	No.	1,158	988	--	--	155	23 *	30 *	102
	%	100	85	--	--	14	2 *	3 *	9
Other	No.	183	--	183	--	--	--	--	--
	%	100	--	100	--	--	--	--	--
Unknown	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--
Not stated	No.	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--

TABLE 39
Population 15 Years of Age and Over by Disability-Days in the Two Weeks Prior to the Survey,
by Age Group and Sex, Canada, 1985

Age group and sex		Number of disability-days						
					With disability-days			
		Total	None	Not stated	Total	One	Two	Three or more
in thousands								
All age groups								
Both sexes	No.	19,668	16,861	94 *	2,714	604	565	1,544
	%	100	86	-- *	14	3	3	8
Male	No.	9,649	8,556	34 *	1,059	264	193	603
	%	100	89	--	11	3	2	6
Female	No.	10,019	8,305	60 *	1,655	341	373	941
	%	100	83	1 *	17	3	4	9
15-24 years								
Both sexes	No.	4,297	3,639	--	634	236	118	281
	%	100	85	--	15	6	3	7
Male	No.	2,186	1,913	--	267	112	32 *	123
	%	100	88	--	12	5	1 *	6
Female	No.	2,111	1,726	--	367	124	85 *	158
	%	100	82	--	17	6	4 *	7
25-44 years								
Both sexes	No.	8,061	7,060	27 *	974	239	226	509
	%	100	88	--	12	3	3	6
Male	No.	4,021	3,619	--	390	103	69 *	219
	%	100	90	--	10	3	2 *	5
Female	No.	4,039	3,441	--	584	136	158	290
	%	100	85	--	14	3	4	7
45-54 years								
Both sexes	No.	2,527	2,175	--	330	48 *	89 *	192
	%	100	86	--	13	2 *	4 *	8
Male	No.	1,267	1,150	--	108	--	27 *	64 *
	%	100	91	--	9	--	2 *	5 *
Female	No.	1,260	1,026	--	222	31 *	62 *	128
	%	100	81	--	18	2 *	5 *	10
55-64 years								
Both sexes	No.	2,311	2,014	--	292	29 *	57 *	206
	%	100	87	--	13	1 *	2 *	9
Male	No.	1,109	980	--	128	--	34 *	83 *
	%	100	88	--	12	--	3 *	8 *
Female	No.	1,202	1,035	--	165	--	23 *	123
	%	100	86	--	14	--	2 *	10
65-74 years								
Both sexes	No.	1,573	1,292	--	266	38 *	40 *	188
	%	100	82	--	17	2 *	3 *	12
Male	No.	722	613	--	104	--	--	69 *
	%	100	85	--	14	--	--	10 *
Female	No.	851	680	--	161	--	--	119
	%	100	80	--	19	--	--	14
75 years and over								
Both sexes	No.	900	680	--	218	--	35 *	168
	%	100	76	--	24	--	4 *	19
Male	No.	344	282	--	62 *	--	--	46 *
	%	100	82	--	18 *	--	--	13 *
Female	No.	556	399	--	156	--	24 *	122
	%	100	72	--	28	--	4 *	22

TABLE 40
Population 15 Years of Age and Over by Degree of Activity Limitation, by Age Group and Sex,
Canada and Regions, 1985

Age group, sex and region	Degree of activity limitation													
	Total		None		Some		Moderate		Major		Degree Unknown		Not stated	
	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent
in thousands														
All age groups														
Both sexes														
Canada	19,668	100	13,365	68	4,645	24	846	4	359	2	391	2	62 *	0 *
Atlantic	1,751	100	1,119	64	475	27	83	5	38	2	35 *	2 *	--	--
Quebec	5,163	100	3,674	71	1,137	22	205	4	77 *	2 *	71 *	1 *	--	--
Ontario	7,133	100	4,752	67	1,696	24	329	5	169	2	151	2	37 *	1 *
Prairies	3,350	100	2,187	65	868	26	152	5	44 *	1 *	82	2	17 *	1 *
British Columbia	2,270	100	1,635	72	470	21	76 *	3 *	31 *	1 *	52 *	2 *	--	--
Male														
Canada	9,649	100	6,967	72	1,995	21	325	3	123	1	199	2	41 *	0 *
Atlantic	864	100	583	67	211	24	33 *	4 *	18 *	2 *	18 *	2 *	--	--
Quebec	2,514	100	1,963	78	426	17	86 *	3 *	--	--	--	--	--	--
Ontario	3,480	100	2,428	70	759	22	119 *	3 *	62 *	2 *	86 *	2 *	--	--
Prairies	1,672	100	1,160	69	381	23	58	3	19 *	1 *	43 *	3 *	--	--
British Columbia	1,119	100	835	75	217	19	29 *	3 *	--	--	29 *	3 *	--	--
Female														
Canada	10,019	100	6,398	64	2,650	26	521	5	237	2	193	2	--	--
Atlantic	887	100	535	60	264	30	50	6	20 *	2 *	17 *	2 *	--	--
Quebec	2,649	100	1,711	65	710	27	119 *	5 *	61 *	2 *	47 *	2 *	--	--
Ontario	3,653	100	2,324	64	937	26	210	6	107 *	3 *	65 *	2 *	--	--
Prairies	1,679	100	1,027	61	487	29	94	6	25 *	1 *	40 *	2 *	--	--
British Columbia	1,151	100	800	70	253	22	47 *	4 *	24 *	2 *	23 *	2 *	--	--
15-24 years														
Both sexes														
Canada	4,297	100	3,558	83	588	14	37 *	1 *	--	--	104	2	--	--
Atlantic	429	100	353	82	64	15	--	--	--	--	9 *	2 *	--	--
Quebec	1,104	100	963	87	130	12	--	--	--	--	--	--	--	--
Ontario	1,538	100	1,234	80	220	14	--	--	--	--	64 *	4 *	--	--
Prairies	768	100	622	81	119	16	--	--	--	--	--	--	--	--
British Columbia	457	100	387	85	54 *	12 *	--	--	--	--	--	--	--	--
Male														
Canada	2,186	100	1,856	85	263	12	--	--	--	--	52 *	2 *	--	--
Atlantic	220	100	187	85	32 *	14 *	--	--	--	--	--	--	--	--
Quebec	561	100	522	93	39 *	7 *	--	--	--	--	--	--	--	--
Ontario	783	100	610	78	122 *	16 *	--	--	--	--	44 *	6 *	--	--
Prairies	389	100	335	86	42 *	11 *	--	--	--	--	--	--	--	--
British Columbia	232	100	201	87	28 *	12 *	--	--	--	--	--	--	--	--
Female														
Canada	2,111	100	1,703	81	325	15	28 *	1 *	--	--	53 *	2 *	--	--
Atlantic	210	100	166	79	32 *	15 *	--	--	--	--	--	--	--	--
Quebec	543	100	441	81	91 *	17 *	--	--	--	--	--	--	--	--
Ontario	755	100	624	83	98 *	13 *	--	--	--	--	--	--	--	--
Prairies	379	100	286	76	77	20	--	--	--	--	--	--	--	--
British Columbia	224	100	185	83	27 *	12 *	--	--	--	--	--	--	--	--

TABLE 40
Population 15 Years of Age and Over by Degree of Activity Limitation, by Age Group and Sex,
Canada and Regions, 1985 – Continued

Age group, sex and region	Degree of activity limitation													
	Total		None		Some		Moderate		Major		Degree Unknown		Not stated	
	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent
in thousands														
25-44 years														
Both sexes														
Canada	8,061	100	6,312	78	1,400	17	152	2	--	--	158	2	--	--
Atlantic	698	100	498	71	164	24	16 *	2 *	--	--	14 *	2 *	--	--
Quebec	2,181	100	1,815	83	306	14	36 *	2 *	--	--	--	--	--	--
Ontario	2,847	100	2,218	78	511	18	46 *	2 *	--	--	54 *	2 *	--	--
Prairies	1,411	100	1,057	75	264	19	36 *	3 *	--	--	46 *	3 *	--	--
British Columbia	924	100	723	78	155	17	--	--	--	--	23 *	3 *	--	--
Male														
Canada	4,021	100	3,255	81	609	15	56 *	1 *	--	--	81 *	2 *	--	--
Atlantic	349	100	261	75	72	21	--	--	--	--	10 *	3 *	--	--
Quebec	1,086	100	929	86	131	12	--	--	--	--	--	--	--	--
Ontario	1,407	100	1,135	81	216	15	--	--	--	--	--	--	--	--
Prairies	718	100	567	79	119	17	--	--	--	--	19 *	3 *	--	--
British Columbia	461	100	363	79	71 *	15 *	--	--	--	--	--	--	--	--
Female														
Canada	4,039	100	3,057	76	791	20	97 *	2 *	--	--	76 *	2 *	--	--
Atlantic	349	100	237	68	93	27	12 *	3 *	--	--	--	--	--	--
Quebec	1,095	100	886	81	175	16	--	--	--	--	--	--	--	--
Ontario	1,440	100	1,083	75	295	20	--	--	--	--	--	--	--	--
Prairies	693	100	491	71	146	21	28 *	4 *	--	--	27 *	4 *	--	--
British Columbia	462	100	360	78	84 *	18 *	--	--	--	--	--	--	--	--
45-64 years														
Both sexes														
Canada	4,838	100	2,725	56	1,605	33	270	6	106	2	103	2	29 *	1 *
Atlantic	391	100	196	50	147	37	27 *	7 *	14 *	4 *	--	--	--	--
Quebec	1,286	100	713	55	456	35	78 *	6 *	--	--	33 *	3 *	--	--
Ontario	1,833	100	1,015	55	587	32	114 *	6 *	64 *	3 *	--	--	--	--
Prairies	761	100	400	53	288	38	38 *	5 *	--	--	18 *	2 *	--	--
British Columbia	566	100	402	71	127	22	--	--	--	--	--	--	--	--
Male														
Canada	2,376	100	1,471	62	654	28	126	5	49 *	2 *	53 *	2 *	--	--
Atlantic	193	100	103	53	63	32	14 *	7 *	9 *	5 *	--	--	--	--
Quebec	621	100	407	66	164	26	33 *	5 *	--	--	--	--	--	--
Ontario	901	100	539	60	246	27	54 *	6 *	--	--	--	--	--	--
Prairies	379	100	208	55	128	34	22 *	6 *	--	--	--	--	--	--
British Columbia	282	100	215	76	52 *	19 *	--	--	--	--	--	--	--	--
Female														
Canada	2,461	100	1,254	51	951	39	143	6	57 *	2 *	50 *	2 *	--	--
Atlantic	198	100	93	47	84	42	13 *	6 *	--	--	--	--	--	--
Quebec	665	100	306	46	291	44	45 *	7 *	--	--	--	--	--	--
Ontario	933	100	476	51	341	37	60 *	6 *	36 *	4 *	--	--	--	--
Prairies	381	100	191	50	160	42	16 *	4 *	--	--	--	--	--	--
British Columbia	284	100	187	66	75 *	26 *	--	--	--	--	--	--	--	--

TABLE 40
Population 15 Years of Age and Over by Degree of Activity Limitation, by Age Group and Sex,
Canada and Regions, 1985 - Concluded

Age group, sex and region	Degree of activity limitation													
	Total		None		Some		Moderate		Major		Degree Unknown		Not stated	
	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent
	in thousands													
65 years and over														
Both sexes														
Canada	2,472	100	770	31	1,052	43	387	16	237	10	26 *	1 *	--	--
Atlantic	232	100	72	31	100	43	36	15	20 *	9 *	--	--	--	--
Quebec	592	100	182	31	245	41	91 *	15 *	68 *	11 *	--	--	--	--
Ontario	915	100	284	31	378	41	149	16	100 *	11 *	--	--	--	--
Prairies	411	100	108	26	196	48	68	16	29 *	7 *	10 *	2 *	--	--
British Columbia	323	100	124	38	134	41	43 *	13 *	20 *	6 *	--	--	--	--
Male														
Canada	1,065	100	385	36	470	44	133	13	64 *	6 *	--	--	--	--
Atlantic	103	100	33	32	45	44	14 *	14 *	8 *	8 *	--	--	--	--
Quebec	246	100	104	42	91 *	37 *	35 *	14 *	--	--	--	--	--	--
Ontario	389	100	144	37	175	45	40 *	10 *	30 *	8 *	--	--	--	--
Prairies	185	100	49	27	92	50	25 *	14 *	11 *	6 *	--	--	--	--
British Columbia	143	100	56 *	39 *	67	47	18 *	13 *	--	--	--	--	--	--
Female														
Canada	1,407	100	384	27	582	41	254	18	173	12	--	--	--	--
Atlantic	129	100	39	30	55	42	21 *	17 *	12 *	9 *	--	--	--	--
Quebec	346	100	78 *	23 *	154	44	56 *	16 *	55 *	16 *	--	--	--	--
Ontario	526	100	140	27	203	39	109	21	71 *	13 *	--	--	--	--
Prairies	226	100	58	26	104	46	42	19	18 *	8 *	--	--	--	--
British Columbia	180	100	69	38	67	37	25 *	14 *	17 *	10 *	--	--	--	--

TABLE 41
Population 15 Years of Age and Over by Nature of Activity Limitation¹, by Age Group and Sex,
Canada, 1985

Age group and sex	Population 15 years of age and over	Nature of activity limitation ¹									
		Mobility act. limit.		Agility act. limit.		Seeing act. limit.		Hearing act. limit.		Unknown act. limit.	
		Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent
in thousands											
All age groups											
Both sexes	19,668	3,885	20	3,281	17	802	4	1,538	8	389	2
Male	9,649	1,415	15	1,346	14	329	3	832	9	199	2
Female	10,019	2,470	25	1,935	19	473	5	706	7	190	2
15-24 years											
Both sexes	4,297	377	9	228	5	73 *	2 *	140	3	104	2
Male	2,186	141	6	112	5	40 *	2 *	71 *	3 *	52 *	2 *
Female	2,111	236	11	116	5	32 *	2 *	69 *	3 *	53 *	2 *
25-44 years											
Both sexes	8,061	938	12	778	10	138	2	285	4	158	2
Male	4,021	361	9	350	9	42 *	1 *	141	3	81 *	2 *
Female	4,039	578	14	427	11	97 *	2 *	144	4	76 *	2 *
45-54 years											
Both sexes	2,527	598	24	523	21	126	5	197	8	63 *	2
Male	1,267	202	16	218	17	61 *	5 *	123	10	34 *	3
Female	1,260	396	31	306	24	65 *	5 *	74 *	6 *	30 *	2
55-64 years											
Both sexes	2,311	720	31	613	27	146	6	279	12	38 *	2 *
Male	1,109	279	25	265	24	58 *	5 *	187	17	--	--
Female	1,202	441	37	348	29	87	7	92	8	--	--
65-74 years											
Both sexes	1,573	672	43	616	39	141	9	332	21	--	--
Male	722	259	36	234	32	67 *	9 *	177	25	--	--
Female	851	413	48	382	45	74 *	9 *	155	18	--	--
75 years and over											
Both sexes	900	580	64	524	58	180	20	305	34	--	--
Male	344	174	51	168	49	61 *	18 *	133	39	--	--
Female	556	406	73	356	64	119	21	172	31	--	--

¹ An individual can have more than one nature of activity limitation.

TABLE 42

Population 15 Years of Age and Over by Degree of Activity Limitation, by Age Group, Sex, and Labour Force Status, Canada, 1985

Age group, sex and labour force status	Degree of activity limitation													
	Total		None		Some		Moderate		Major		Unknown		Not stated	
	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent
in thousands														
All age groups														
Male														
Total - Labour force status	9,649	100	6,967	72	1,995	21	325	3	123	1	199	2	41 *	0 *
Employed	6,950	100	5,433	78	1,214	17	100 *	1 *	--	--	150	2	40 *	1 *
Unemployed	422	100	291	69	111	26	--	--	--	--	--	--	--	--
Not in labour force	2,226	100	1,209	54	658	30	219	10	103	5	37 *	2 *	--	--
Not stated	50 *	100 *	35 *	70 *	--	--	--	--	--	--	--	--	--	--
Female														
Total - Labour force status	10,019	100	6,398	64	2,650	26	521	5	237	2	193	2	--	--
Employed	4,972	100	3,704	74	1,048	21	107	2	--	--	93 *	2 *	--	--
Unemployed	439	100	296	67	123	28	--	--	--	--	--	--	--	--
Not in labour force	4,544	100	2,357	52	1,462	32	406	9	222	5	87 *	2 *	--	--
Not stated	65 *	100 *	41 *	63 *	--	--	--	--	--	--	--	--	--	--
15-24 years														
Male														
Total - Labour force status	2,186	100	1,856	85	263	12	--	--	--	--	52 *	2 *	--	--
Employed	1,323	100	1,112	84	156	12	--	--	--	--	40 *	3 *	--	--
Unemployed	126	100	102	80	--	--	--	--	--	--	--	--	--	--
Not in labour force	722	100	631	87	80 *	11 *	--	--	--	--	--	--	--	--
Not stated	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Female														
Total - Labour force status	2,111	100	1,703	81	325	15	28 *	1 *	--	--	53 *	2 *	--	--
Employed	1,178	100	967	82	176	15	--	--	--	--	--	--	--	--
Unemployed	137	100	104	76	--	--	--	--	--	--	--	--	--	--
Not in labour force	788	100	624	79	126	16	--	--	--	--	34 *	4 *	--	--
Not stated	--	--	--	--	--	--	--	--	--	--	--	--	--	--
25-44 years														
Male														
Total - Labour force status	4,021	100	3,255	81	609	15	56 *	1 *	--	--	81 *	2 *	--	--
Employed	3,631	100	2,998	83	509	14	27 *	1 *	--	--	78 *	2 *	--	--
Unemployed	199	100	137	69	56 *	28 *	--	--	--	--	--	--	--	--
Not in labour force	175	100	111	64	36 *	21 *	--	--	--	--	--	--	--	--
Not stated	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Female														
Total - Labour force status	4,039	100	3,057	76	791	20	97 *	2 *	--	--	76 *	2 *	--	--
Employed	2,640	100	2,065	78	467	18	51 *	2 *	--	--	53 *	2 *	--	--
Unemployed	226	100	155	69	64 *	28 *	--	--	--	--	--	--	--	--
Not in labour force	1,156	100	827	72	253	22	45 *	4 *	--	--	--	--	--	--
Not stated	--	--	--	--	--	--	--	--	--	--	--	--	--	--

TABLE 42
Population 15 Years of Age and Over by Degree of Activity Limitation, by Age Group, Sex,
and Labour Force Status, Canada, 1985 – Concluded

Age group, sex and labour force status	Degree of activity limitation													
	Total		None		Some		Moderate		Major		Unknown		Not stated	
	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent
in thousands														
45-64 years														
Male														
Total – Labour force status	2,376	100	1,471	62	654	28	126	5	49 *	2 *	53 *	2 *	--	--
Employed	1,836	100	1,252	68	476	26	53 *	3 *	--	--	30 *	2 *	--	--
Unemployed	95 *	100 *	52 *	54 *	32 *	33 *	--	--	--	--	--	--	--	--
Not in labour force	426	100	152	36	146	34	71 *	17 *	42 *	10 *	--	--	--	--
Not stated	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Female														
Total – Labour force status	2,461	100	1,254	51	951	39	143	6	57 *	2 *	50 *	2 *	--	--
Employed	1,091	100	646	59	373	34	37 *	3 *	--	--	--	--	--	--
Unemployed	76 *	100 *	37 *	48 *	35 *	46 *	--	--	--	--	--	--	--	--
Not in labour force	1,256	100	548	44	533	42	106	8	46 *	4 *	--	--	--	--
Not stated	38 *	100 *	--	--	--	--	--	--	--	--	--	--	--	--
65 years and over														
Male														
Total – Labour force status	1,065	100	385	36	470	44	133	13	64	6	--	--	--	--
Employed	161	100	71 *	44 *	73 *	45 *	--	--	--	--	--	--	--	--
Unemployed	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Not in labour force	903	100	314	35	396	44	121	13	62	7	--	--	--	--
Not stated	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Female														
Total – Labour force status	1,407	100	384	27	582	41	254	18	173	12	--	--	--	--
Employed	62 *	100 *	26 *	42 *	32 *	51 *	--	--	--	--	--	--	--	--
Unemployed	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Not in labour force	1,343	100	358	27	550	41	249	19	171	13	--	--	--	--
Not stated	--	--	--	--	--	--	--	--	--	--	--	--	--	--

TABLE 43
Population 15 Years of Age and Over by Education, by Age Group and Degree of Activity
Limitation, Canada, 1985

Age group, and degree of activity limitation	Education											
	Total		Some secondary or less		Secondary graduation		Some post- secondary		Postsecondary degree or diploma		Not stated	
	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent
in thousands												
All age groups												
Total - Activity limitation	19,668	100	7,959	40	3,612	18	3,086	16	4,793	24	219	1
None	13,365	100	4,404	33	2,780	21	2,362	18	3,677	28	142	1
Some	4,645	100	2,551	55	656	14	552	12	829	18	56 *	1 *
Moderate	846	100	566	67	81 *	10 *	56 *	7 *	141	17	--	--
Major	359	100	272	76	--	--	--	--	42 *	12 *	--	--
Degree unknown	391	100	145	37	67 *	17 *	90 *	23 *	86 *	22 *	--	--
Not stated	62 *	100 *	--	--	--	--	--	--	--	--	--	--
15-24 years												
Total - Activity limitation	4,297	100	1,701	40	897	21	1,015	24	623	15	61 *	1 *
None	3,558	100	1,311	37	763	21	883	25	559	16	43 *	1 *
Some	588	100	320	55	94 *	16 *	103	17	52 *	9 *	--	--
Moderate	37 *	100 *	--	--	--	--	--	--	--	--	--	--
Degree unknown	104	100	47 *	45 *	29 *	27 *	--	--	--	--	--	--
Not stated	--	--	--	--	--	--	--	--	--	--	--	--
25-44 years												
Total - Activity limitation	8,061	100	1,944	24	1,774	22	1,411	18	2,858	35	73 *	1 *
None	6,312	100	1,350	21	1,433	23	1,126	18	2,352	37	51 *	1 *
Some	1,400	100	494	35	295	21	209	15	384	27	--	--
Moderate	152	100	56 *	37 *	--	--	--	--	54 *	35 *	--	--
Major	--	--	--	--	--	--	--	--	--	--	--	--
Degree unknown	158	100	--	--	--	--	51 *	32 *	58 *	37 *	--	--
Not stated	--	--	--	--	--	--	--	--	--	--	--	--
45-64 Years												
Total - Activity limitation	4,838	100	2,563	53	698	14	495	10	1,014	21	69 *	1 *
None	2,725	100	1,266	46	468	17	300	11	649	24	42 *	2 *
Some	1,605	100	987	62	176	11	158	10	274	17	--	--
Moderate	270	100	185	69	28 *	10 *	--	--	40 *	15 *	--	--
Major	106	100	64 *	61 *	--	--	--	--	--	--	--	--
Degree unknown	103	100	56 *	54 *	--	--	--	--	--	--	--	--
Not stated	29 *	100 *	--	--	--	--	--	--	--	--	--	--
65 years and over												
Total - Activity limitation	2,472	100	1,750	71	243	10	165	7	297	12	--	--
None	770	100	478	62	116	15	54 *	7 *	116	15	--	--
Some	1,052	100	750	71	90	9	83 *	8 *	118	11	--	--
Moderate	387	100	305	79	23 *	6 *	--	--	43 *	11 *	--	--
Major	237	100	199	84	--	--	--	--	--	--	--	--
Degree unknown	26 *	100 *	--	--	--	--	--	--	--	--	--	--
Not stated	--	--	--	--	--	--	--	--	--	--	--	--

TABLE 44
Population 15 Years of Age and Over by Household Income, by Age Group and Degree of Activity Limitation, Canada, 1985

Age group, and degree of activity limitation	Household income													
	Total		Under \$15,000		\$15,000 – \$24,999		\$25,000 – \$34,999		\$35,000 – \$49,999		\$50,000 +		Unknown or not stated	
	Num-ber	Per-cent	Num-ber	Per-cent	Num-ber	Per-cent	Num-ber	Per-cent	Num-ber	Per-cent	Num-ber	Per-cent	Num-ber	Per-cent
in thousands														
All age groups														
Total – Activity limitation	19,668	100	2,545	13	2,385	12	2,467	13	2,586	13	2,451	12	7,234	37
None	13,365	100	1,214	9	1,480	11	1,711	13	1,986	15	1,914	14	5,060	38
Some	6,241	100	1,327	21	899	14	756	13	594	10	520	8	2,145	34
Not stated	62 *	100 *	--	--	--	--	--	--	--	--	--	--	29 *	47 *
15-24 year														
Total – Activity limitation	4,297	100	411	10	329	8	339	8	329	8	412	10	2,477	58
None	3,558	100	323	9	256	7	287	8	290	8	360	10	2,042	57
Some	729	100	85 *	12 *	73 *	10 *	51 *	7 *	36 *	5 *	52 *	7 *	432	59
Not stated	--	--	--	--	--	--	--	--	--	--	--	--	--	--
25-44 years														
Total – Activity limitation	8,061	100	506	6	991	12	1,304	16	1,558	19	1,306	16	2,397	30
None	6,312	100	378	6	727	12	1,004	16	1,264	20	1,076	17	1,862	29
Some	1,727	100	128 *	7 *	263	15	300	17	291	17	217	13	527	31
Not stated	--	--	--	--	--	--	--	--	--	--	--	--	--	--
45-64 years														
Total – Activity limitation	4,838	100	505	10	678	14	637	13	598	12	638	13	1,782	37
None	2,725	100	186	7	361	13	339	12	402	15	437	16	1,000	37
Some	2,084	100	319	15	311	15	298	14	197	9	198	10	763	37
Not stated	29 *	100 *	--	--	--	--	--	--	--	--	--	--	--	--
65 years and over														
Total – Activity limitation	2,472	100	1,123	45	388	16	188	8	101	4	95 *	4 *	578	23
None	770	100	326	42	136	18	81 *	11 *	30 *	4 *	40 *	5 *	156	20
Some	1,702	100	797	47	252	15	106	6	70 *	4 *	54 *	3 *	421	25
Not stated	--	--	--	--	--	--	--	--	--	--	--	--	--	--

TABLE 45
Population 15 Years of Age and Over by Degree of Activity Limitation, by Self-Rated Health Status, Canada, 1985

Self-rated health status		Degree of activity limitation						
		Total	None	Some	Moderate	Major	Degree unknown	Not stated
in thousands								
Total - Health status	No. %	19,668 100	13,365 100	4,645 100	846 100	359 100	391 100	62 * 100 *
Excellent	No. %	6,388 32	5,435 41	801 17	57 * 7 *	-- --	60 * 15 *	28 * 46 *
Good	No. %	9,719 49	6,871 51	2,297 49	245 29	73 * 20 *	201 51	31 * 50 *
Fair	No. %	2,866 15	999 7	1,298 28	316 37	137 38	115 29	-- --
Poor	No. %	668 3	47 * 0 *	241 5	222 26	142 40	-- --	-- --
Not stated	No. %	28 * 0 *	-- --	-- --	-- --	-- --	-- --	-- --

TABLE 46
Population 15 Years of Age and Over by Degree of Activity Limitation, by Satisfaction with Health,
Canada, 1985

Satisfaction with health		Degree of activity limitation						
		Total	None	Some	Moderate	Major	Degree unknown	Not stated
in thousands								
Total - Satisfaction with health	No. %	19,668 100	13,365 100	4,645 100	846 100	359 100	391 100	62 * 100 *
Very satisfied	No. %	8,313 42	6,646 50	1,335 29	144 17	36 * 10 *	122 31	30 * 48 *
Somewhat satisfied	No. %	8,995 46	6,076 45	2,328 50	288 34	96 * 27 *	178 45	29 * 47 *
Somewhat dissatisfied	No. %	1,732 9	539 4	799 17	247 29	86 * 24 *	60 * 15 *	-- --
Very dissatisfied	No. %	517 3	35 0	158 3	155 18	140 39	30 * 8 *	-- --
No opinion	No. %	-- --	-- --	-- --	-- --	-- --	-- --	-- --
Not stated	No. %	92 * 0 *	60 * 0 *	-- --	-- --	-- --	-- --	-- --

TABLE 47
Population 15 Years of Age and Over by Degree of Activity Limitation, by Reported Happiness,
Canada, 1985

Reported happiness		Degree of activity limitation						
		Total	None	Some	Moderate	Major	Degree unknown	Not stated
in thousands								
Total - Reported happiness	No.	19,668	13,365	4,645	846	359	391	62 *
	%	100	100	100	100	100	100	100 *
Very happy	No.	9,497	7,067	1,868	250	89 *	198	26 *
	%	48	53	40	30	25 *	50	42 *
Somewhat happy	No.	9,258	5,940	2,490	449	178	174	28 *
	%	47	44	54	53	49	44	45 *
Somewhat unhappy	No.	673	247	236	115	56 *	--	--
	%	3	2	5	14	15 *	--	--
Very unhappy	No.	99 *	--	27 *	--	27 *	--	--
	%	1 *	--	1 *	--	7 *	--	--
No opinion	No.	50 *	--	--	--	--	--	--
	%	0 *	--	--	--	--	--	--
Not stated	No.	91 *	64 *	--	--	--	--	--
	%	0 *	0 *	--	--	--	--	--

TABLE 48
Population 15 Years of Age and Over by Number of Consultations with a Physician in the 12
Months Prior to the Survey, by Age Group and Degree of Activity Limitation, Canada, 1985

Age group and degree of activity limitation	Number of consultations											
	Total		0		1-2		3-9		10 or more		Not stated	
	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent
in thousands												
All age groups												
Total – Activity limitation	19,668	100	3,739	19	8,109	41	5,570	28	2,082	11	169	1
None	13,365	100	3,046	23	6,198	46	3,304	25	753	6	64*	0*
Some	4,645	100	589	13	1,563	34	1,656	36	793	17	44*	1*
Moderate	846	100	53*	6*	135	16	342	40	284	34	32*	4*
Major	359	100	--	--	52*	14*	106	29	173	48	--	--
Degree unknown	391	100	29*	7*	129	33	154	39	79*	20*	--	--
Not stated	62*	100*	--	--	32*	51*	--	--	--	--	--	--
15-24 years												
Total – Activity limitation	4,297	100	889	21	1,911	44	1,125	26	344	8	28*	1*
None	3,558	100	784	22	1,661	47	873	25	215	6	26*	1*
Some	588	100	95*	16*	200	34	195	33	95*	16*	--	--
Moderate	37*	100*	--	--	--	--	--	--	--	--	--	--
Degree unknown	104	100	--	--	34*	32*	41*	40*	--	--	--	--
Not stated	--	--	--	--	--	--	--	--	--	--	--	--
25-44 years												
Total – Activity limitation	8,061	100	1,662	21	3,661	45	2,057	26	632	8	48*	1*
None	6,312	100	1,454	23	3,041	48	1,456	23	337	5	--	--
Some	1,400	100	181	13	516	37	482	34	207	15	--	--
Moderate	152	100	--	--	33*	22*	58*	38*	51*	34*	--	--
Major	--	--	--	--	--	--	--	--	--	--	--	--
Degree unknown	158	100	--	--	54*	34*	55*	35*	30*	19*	--	--
Not stated	--	--	--	--	--	--	--	--	--	--	--	--
45-64 years												
Total – Activity limitation	4,838	100	898	19	1,857	38	1,484	31	540	11	58*	1*
None	2,725	100	652	24	1,227	45	724	27	111	4	--	--
Some	1,605	100	206	13	549	34	574	36	260	16	--	--
Moderate	270	100	26*	10*	22*	8*	120	45	88*	33*	--	--
Major	106	100	--	--	--	--	--	--	62*	58*	--	--
Degree unknown	103	100	--	--	36*	35*	42*	41*	--	--	--	--
Not stated	29*	100*	--	--	--	--	--	--	--	--	--	--
65 years and over												
Total – Activity limitation	2,472	100	289	12	680	27	903	37	566	23	34*	1*
None	770	100	156	20	269	35	251	33	89*	12*	--	--
Some	1,052	100	108	10	298	28	404	38	231	22	--	--
Moderate	387	100	--	--	70*	18*	153	40	136	35	--	--
Major	237	100	--	--	37*	16*	80*	34*	105	44	--	--
Degree unknown	26*	100*	--	--	--	--	--	--	--	--	--	--
Not stated	--	--	--	--	--	--	--	--	--	--	--	--

TABLE 49

Population 15 Years of Age and Over by Degree of Activity Limitation, by Age Group and Hospital Nights in the 12 Months Prior to the Survey, Canada, 1985

Age group and any nights spent in hospital		Degree of activity limitation						
		Total	None	Some	Moderate	Major	Degree unknown	Not stated
in thousands								
All age groups								
Total – Hospital nights	No.	19,668	13,365	4,645	846	359	391	62
	%	100	100	100	100	100	100	100
Yes	No.	2,162	1,121	595	222	170	52	--
	%	11	8	13	26	47	13	--
No	No.	17,478	12,229	4,044	624	189	339	53 *
	%	89	91	87	74	53	87	86 *
Not stated	No.	28 *	--	--	--	--	--	--
	%	0 *	--	--	--	--	--	--
15-24 years								
Total – Hospital nights	No.	4,297	3,558	588	37 *	--	104	--
	%	100	100	100	100 *	--	100	--
Yes	No.	392	297	72	--	--	--	--
	%	9	8	12	--	--	--	--
No	No.	3,905	3,262	516	26 *	--	92 *	--
	%	91	92	88	71 *	--	88 *	--
25-44 years								
Total – Hospital nights	No.	8,061	6,312	1,400	152	--	158	--
	%	100	100	100	100	--	100	--
Yes	No.	815	572	172	47 *	--	--	--
	%	10	9	12	31 *	--	--	--
No	No.	7,238	5,735	1,225	105	--	146	--
	%	90	91	88	69	--	93	--
Not stated	No.	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--
45-64 years								
Total – Hospital nights	No.	4,838	2,725	1,605	270	106	103	29 *
	%	100	100	100	100	100	100	100 *
Yes	No.	513	192	168	62 *	68 *	--	--
	%	11	7	10	23 *	64 *	--	--
No	No.	4,304	2,522	1,434	208	38 *	80 *	--
	%	89	93	89	77	36 *	77 *	--
Not stated	No.	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--
65 years and over								
Total – Hospital nights	No.	2,472	770	1,052	387	237	26 *	--
	%	100	100	100	100	100	100 *	--
Yes	No.	442	59 *	183	103	92	--	--
	%	18	8 *	17	27	39	--	--
No	No.	2,030	710	869	284	145	--	--
	%	82	92	83	73	61	--	--
Not stated	No.	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--

TABLE 50
Population 55 Years of Age and Over by Degree of Activity Limitation, by Selected Activities of Independent Living and Whether Help is Required, Canada, 1985

Activities of independent living and whether help is required	Degree of activity limitation													
	Total		None		Some		Moderate		Major		Degree unknown		Not stated	
	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent
in thousands														
Heavy housework														
Total	4,783	100	1,924	40	1,917	40	548	11	311	7	64 *	1 *	--	--
Does or could do alone	3,708	100	1,819	49	1,524	41	236	6	55 *	1 *	55 *	1 *	--	--
Requires help	296	100	37 *	13 *	173	58	75 *	25 *	--	--	--	--	--	--
Unable	709	100	28 *	4 *	203	29	230	32	241	34	--	--	--	--
Other	70 *	100 *	40 *	57 *	--	--	--	--	--	--	--	--	--	--
Light housework														
Total	4,783	100	1,924	40	1,917	40	548	11	311	7	64 *	1 *	--	--
Does or could do alone	4,555	100	1,883	41	1,886	41	508	11	195	4	63 *	1 *	--	--
Requires help	61 *	100 *	--	--	--	--	--	--	33 *	53 *	--	--	--	--
Unable	100	100	--	--	--	--	--	--	80 *	80 *	--	--	--	--
Other	67 *	100 *	39 *	58 *	--	--	--	--	--	--	--	--	--	--
Preparing meals														
Total	4,783	100	1,924	40	1,917	40	548	11	311	7	64 *	1 *	--	--
Does or could do alone	4,359	100	1,844	42	1,808	41	460	11	170	4	57 *	1 *	--	--
Requires help	204	100	37 *	18 *	80 *	39 *	41 *	20 *	43 *	21 *	--	--	--	--
Unable	152	100	--	--	--	--	41 *	27 *	91	60	--	--	--	--
Other	68 *	100 *	41 *	60 *	--	--	--	--	--	--	--	--	--	--
Grocery shopping														
Total	4,783	100	1,924	40	1,917	40	548	11	311	7	64 *	1 *	--	--
Does or could do alone	4,096	100	1,857	45	1,747	43	322	8	96	2	54 *	1 *	--	--
Requires help	274	100	--	--	103	38	103	38	43 *	16 *	--	--	--	--
Unable	308	100	--	--	41 *	13 *	99	32	161	52	--	--	--	--
Other	105	100	45 *	43 *	25 *	24 *	23 *	22 *	--	--	--	--	--	--
Managing money														
Total	4,783	100	1,924	40	1,917	40	548	11	311	7	64 *	1 *	--	--
Does or could do alone	4,223	100	1,786	42	1,759	42	422	10	176	4	62 *	1 *	--	--
Requires help	88	100	--	--	23 *	26 *	23 *	26 *	31 *	35 *	--	--	--	--
Unable	115	100	--	--	--	--	33 *	29 *	56 *	49 *	--	--	--	--
Other	357	100	111	31	126	35	70 *	20 *	48 *	13 *	--	--	--	--
Personal care														
Total	4,783	100	1,924	40	1,917	40	548	11	311	7	64 *	1 *	--	--
Does or could do alone	4,603	100	1,888	41	1,887	41	518	11	229	5	63 *	1 *	--	--
Requires help	46 *	100 *	--	--	--	--	--	--	30 *	65 *	--	--	--	--
Unable	60 *	100 *	--	--	--	--	--	--	48 *	80 *	--	--	--	--
Other	75 *	100 *	37 *	49 *	25 *	34 *	--	--	--	--	--	--	--	--
The following activity was not assessed for those persons 55 years of age and over living in apartments.														
Yardwork														
Total	3,673	100	1,550	42	1,451	40	375	10	229	6	53 *	1 *	--	--
Does or could do alone	2,367	100	1,280	54	917	39	111	5	--	--	28 *	1 *	--	--
Requires help	541	100	156	29	261	48	85 *	16 *	31 *	6 *	--	--	--	--
Unable	654	100	65 *	10 *	236	36	170	26	169	26	--	--	--	--
Other	111	100	48 *	44 *	36 *	33 *	--	--	--	--	--	--	--	--

3.4 HEALTH PROBLEMS

HIGHLIGHTS

- Arthritis/rheumatism is the most prevalent of the chronic conditions surveyed. More than one in five Canadians report this condition. Women are one-half again as likely to report this condition as are men. Most of the conditions surveyed are more prevalent among women although the differences are generally not large.
- Smokers, former drinkers, the sedentary and those with excessive weight are much more likely to have one or more of these chronic conditions than those not exposed to these risks.

METHODS

Section A (#2-10) of the General Social Survey questionnaire collected information on five chronic health conditions: high blood pressure, heart trouble, diabetes, respiratory problems and arthritis/rheumatism. The questions pertaining to heart trouble and respiratory problems were qualified by lists of conditions that were to be included. Two of the questions, high blood pressure and heart trouble, were phrased in terms of 'lifetime history' while the others referred to the present. Exact question wording can be reviewed by referring to Appendix I. Additional instruction was provided to the interviewer on three of the conditions surveyed:

Condition	Instruction to Interviewer
● High Blood Pressure	If the cause was due solely to pregnancy, high blood pressure was to be considered temporary and was to be excluded.
● Respiratory Problems	Persistent cough was defined as cough which has lasted at least one year. Shortness of breath was defined as difficulty breathing with even slight exertion.

- Arthritis/rheumatism These conditions refer to joint problems, including stiffness, pain or swelling. The rubric arthritis/rheumatism includes bursitis conditions.

For all conditions, the interviewer was instructed to accept the respondent's perception even though there may not have been confirmation or a diagnosis by a medical doctor.

The problem of false negatives must also be considered as reported prevalence is dependent on a respondent's awareness which has been shown to vary with age, sex, and education and control programs.

RESULTS

The prevalence rates for the chronic conditions surveyed are: arthritis/rheumatism (22%), high blood pressure (16%), respiratory problems (11%), heart trouble (7%), and diabetes (2%). With the exception of heart trouble, women experience higher prevalence rates than men for all the conditions surveyed. The gender differences are generally very marginal but in the case of arthritis/rheumatism, females experience a rate half again as high as do males (26% of females as compared to 17% males) (Table 51).

The prevalence of these chronic conditions increases dramatically with age. The rate for diabetes, the least prevalent of these chronic diseases, rises from a low of less than 1% in the 15-24 year age group to a peak of 9% in the 75+ age group. Arthritis/rheumatism rises from a low of 6% in the youngest age group to 57% of those aged 75 and over. The eldest age group have rates of 38%, 31% and 26% for hypertension, heart trouble and respiratory conditions, respectively (data not shown for 75+ age group).

The majority of these conditions appear to be manifest in middle age (45-54 year age group) as the greatest increase in prevalence between any two adjoining age groups is observed to occur here. This is true for heart trouble, diabetes and arthritis/rheumatism. With high blood pressure, the greatest rate of increase is observed to occur in the 25-44 year age group, while for respiratory diseases the onset appears to occur later in life as the 65-74 year age group experience the greatest rate of increase (data not shown separately for 45-54 or 65-74 age groups).

Region

The Atlantic region is observed to have the highest prevalence rates for all of the chronic conditions surveyed, British Columbia the lowest for four of the conditions, and second lowest in the case of arthritis/rheumatism. Quebec is observed to have the lowest prevalence of arthritis/rheumatism.

Groups at risk

As noted above, the prevalence of most chronic diseases is strongly age related. This is also true for the various risk factors: former smokers and drinkers tend to be older; regular smokers, current drinkers and the underweight younger; never smokers and drinkers older and female; the sedentary tend to be older as do those with excessive weight. To account for this, age standardized rates have been calculated and appear in text table J. The results which follow are based on these age standardized rates. Age-specific tables are presented for comparison at the end of this chapter.

Smokers – either regular, occasional, or former – are more likely to report these chronic diseases than never-smokers. Former smokers report the highest prevalence of lifetime heart trouble and regular smokers the highest prevalence for current respiratory disease (see also Table 52).

For all conditions, former drinkers report the highest prevalences and current drinkers the lowest, or second lowest. Lifetime abstainers consistently report fewer chronic conditions than former drinkers (see also Table 53).

Excluding the 'underweight' category, there are generally consistent increases observed in the prevalence of the surveyed chronic conditions with increased weight for height, resulting in those who are obese most often reporting the highest prevalences. The obese as compared to those in the acceptable weight category are 1.1 times as likely to report heart trouble, 1.5 times as likely to report respiratory problems, 1.7 times as likely to report arthritis/rheumatism, 2.4 times as likely to report hypertension and 3.0 times as likely to report diabetes. The underweight category is observed to have higher prevalence rates than the acceptable weight category for heart trouble and respiratory ailments. For the former condition the 'underweight' group has the highest rates and for the latter it ranks equally with the highest (see also Table 54).

As the level of physical activity decreases, the reported prevalences of these surveyed chronic conditions increases. When comparing the two extremes, i.e., the 'active' vs the 'sedentary', these ratios average 1.3 times but reach as high as 3 times the rate observed for those who reported having diabetes. The greatest rate of increase is consistently between the 'active' and 'moderately active' categories (see also Table 55).

TEXT TABLE J.

Age Standardized¹ Prevalence of Surveyed Chronic Conditions By Various Risk Factors, Population 15 Years of Age and Over, Canada, 1985

	Hyper- tension	Heart Trouble	Diabetes	Respiratory	Arthritis/ Rheumatism
per cent					
Type of Smoker					
Regular	16	7	2	16	22
Occasional	18	4	--	11	25
Pipe/Cigar	11	--	--	12	22
Never Smoked	17	6	3	8	21
Former Smoker	16	8	2	10	21
Type of Drinker					
Current	15	6	1	11	21
Occasional	17	6	3	11	25
Former	20	10	5	13	25
Never	17	7	4	10	20

See footnote at end of table.

TEXT TABLE J.

Age Standardized¹ Prevalence of Surveyed Chronic Conditions By Various Risk Factors, Population 15 Years of Age and Over, Canada, 1985 – Concluded

	Hyper- tension	Heart Trouble	Diabetes	Respiratory	Arthritis/ Rheumatism
	per cent				
Body Mass Index					
Underweight	14	9	--	15	21
Acceptable	14	7	2	10	21
Overweight	20	8	3	11	24
Obese	34	8	6	15	35
Physical Activity Level					
Sedentary	18	7	3	12	21
Moderately active	16	7	2	11	23
Active	14	5	1	9	18

¹ All groups standardized to the 1985 Canadian age distribution using the following detailed age grouping: 15-19; 20-24; 25-34; 35-44; 45-44; 55-64; 65-74; 75+. As an example, for former drinkers the table yields the chronic disease prevalence rate that would result (rather than the one observed) if former drinkers had the same age structure as that observed at the Canada level (rather than their own, which tends to be much older).

DISCUSSION

When prevalence estimates of the surveyed chronic conditions are compared with estimates from the 1978-79 Canada Health Survey,¹ there would appear to be either stability or general increases in reported prevalence of these conditions, however, the relative ordering is unchanged. Prevalence estimates for diabetes and heart disease are quite similar over this time period. High blood pressure shows a moderate increase, while arthritis/rheumatism and respiratory problems are markedly higher in 1985. These comparisons are complicated by the differing terminologies and methodologies employed.

The finding that the prevalence of these chronic conditions has not decreased since the Canada Health Survey would appear to be inconsistent with the general picture of improved health status of the population as measured by such indicators as: increased life expectancy, more effective medical technology and medical care, and the adoption of healthier lifestyles. They are, however, quite in line with trend data from the

U.S. Health Interview Survey over the last two decades.² Wilson and Drury³ have advanced a number of possible explanations for these increases aside from methodological ones: aging of the population with improved survivorship of those with chronic conditions, improved medical knowledge and diagnostic techniques and a generally increased awareness on the part of the population about such conditions as hypertension.

The relationships between risk factors and chronic conditions are more complex than they appear. The data are cross-sectional in nature, making it impossible to establish cause and effect. Current risk factors do not necessarily influence an individual's current health status but on an aggregated basis they are predictive of increased future risk of certain diseases and premature mortality. It is observed that former smokers and drinkers often exhibit the highest prevalence rates of the surveyed chronic conditions even after age standardization. There is evidence from the Canada Health Survey⁴ that the most frequently given reason for quitting drinking is ill health; conversely, seeking good health is the most frequent reason for regular physical activity.⁵

NOTES

- 1 Health and Welfare Canada and Statistics Canada. The Health of Canadians: Report of the Canada Health Survey, Cat. 82-538. Ottawa. Minister of Supply and Services Canada, 1981. Table 57 and unpublished data.
- 2 Colvez, A., Blanchet, M.,. Disability trends in the United States population 1966-1976: Analysis of reported causes. Am. J. Public Health, 1981; 71: 464-71.
- 3 Wilson, R.W., Drury, T.F.,. Interpreting Trends in Illness and Disability: Health Statistics and Health Status. Annual Review of Public Health, 1984; 5:83-106.
- 4 Canada Health Survey. Unpublished data.
- 5 Stephens, T., Craig, C.L. and Ferris, B.F., Adult Physical Activity in Canada: Findings from the Canada Fitness Survey. Canadian Journal of Public Health, 1986; 77: 285-290.

TABLE 51

Population 15 Years of Age and Over by Prevalence of Selected Health Problems by Sex and Age Group, Canada and Regions, 1985

Region, sex and age group	Population 15 years of age and over	Hypertension		Heart trouble		Diabetes		Respiratory problems		Arthritis/ rheumatism	
		Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent
in thousands											
CANADA											
Both sexes											
All age groups	19,668	3,219	16	1,343	7	467	2	2,138	11	4,279	22
15-24 years	4,297	213	5	63 *	1 *	27 *	1 *	385	9	252	6
25-44 years	8,061	839	10	169	2	71 *	1 *	597	7	894	11
45-64 years	4,838	1,214	25	477	10	155	3	562	12	1,767	37
65 years and over	2,472	952	39	634	26	214	9	593	24	1,367	55
Male											
All age groups	9,649	1,482	15	663	7	203	2	984	10	1,661	17
15-24 years	2,186	126	6	--	--	--	--	162	7	91 *	4 *
25-44 years	4,021	443	11	77 *	2 *	--	--	272	7	372	9
45-64 years	2,376	563	24	268	11	78 *	3 *	276	12	714	30
65 years and over	1,065	350	33	303	28	93	9	274	26	485	46
Female											
All age groups	10,019	1,737	17	679	7	264	3	1,154	12	2,619	26
15-24 years	2,111	87 *	4 *	48 *	2 *	--	--	223	11	161	8
25-44 years	4,039	397	10	93 *	2 *	52 *	1 *	326	8	522	13
45-64 years	2,461	651	26	208	8	76 *	3 *	286	12	1,053	43
65 years and over	1,407	603	43	331	24	121	9	319	23	882	63
Atlantic											
Both sexes											
All age groups	1,751	354	20	139	8	59	3	208	12	445	25
15-24 years	429	34 *	8 *	--	--	--	--	36	8	33 *	8 *
25-44 years	698	95	14	29 *	4 *	12 *	2 *	59	9	105	15
45-64 years	391	121	31	51	13	13 *	3 *	54	14	169	43
65 years and over	232	104	45	53	23	28	12	59	25	138	59
Male											
All age groups	864	151	17	73	8	28	3	108	13	184	21
15-24 years	220	15 *	7 *	--	--	--	--	22 *	10 *	10 *	4 *
25-44 years	349	45	13	15 *	4 *	--	--	28 *	8 *	45	13
45-64 years	193	51	26	27 *	14 *	--	--	28 *	14 *	76	39
65 years and over	103	40	39	29	28	12 *	12 *	30	29	53	52
Female											
All age groups	887	204	23	66	7	32	4	100	11	261	29
15-24 years	210	19 *	9 *	--	--	--	--	14 *	7 *	23 *	11 *
25-44 years	349	50	14	14 *	4 *	--	--	31 *	9 *	59	17
45-64 years	198	70	35	25 *	13 *	--	--	26 *	13 *	94	47
65 years and over	129	64	50	24	19	16 *	12 *	29	22	85	66
Quebec											
Both sexes											
All age groups	5,163	801	16	340	7	130	3	581	11	1,003	19
15-24 years	1,104	82 *	7 *	--	--	--	--	97 *	9 *	58 *	5 *
25-44 years	2,181	176	8	--	--	--	--	158	7	207	10
45-64 years	1,286	338	26	133	10	61 *	5 *	149	12	424	33
65 years and over	592	204	34	167	28	47 *	8 *	177	30	313	53
Male											
All age groups	2,514	340	14	158	6	45 *	2	248	10	365	15
15-24 years	561	51 *	9 *	--	--	--	--	--	--	--	--
25-44 years	1,086	83 *	8 *	--	--	--	--	74 *	7 *	84 *	8 *
45-64 years	621	136	22	64 *	10 *	--	--	64 *	10 *	158	25
65 years and over	246	70 *	28 *	83 *	34 *	--	--	85 *	34 *	108	44
Female											
All age groups	2,649	461	17	182	7	84 *	3 *	333	13	638	24
15-24 years	543	31 *	6 *	--	--	--	--	72 *	13 *	43 *	8 *
25-44 years	1,095	93 *	9 *	--	--	--	--	84 *	8 *	123 *	11 *
45-64 years	665	202	30	69 *	10 *	31 *	5 *	85 *	13 *	266	40
65 years and over	346	134	39	84 *	24 *	35 *	10 *	92 *	27 *	206	59

TABLE 51
Population 15 Years of Age and Over by Prevalence of Selected Health Problems by Sex and Age Group, Canada and Regions, 1985 – Concluded

Region, sex and age group	Population 15 years of age and over	Hypertension		Heart trouble		Diabetes		Respiratory problems		Arthritis/ rheumatism	
		Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent
	in thousands										
Ontario											
Both sexes											
All age groups	7,133	1,133	16	514	7	150	2	776	11	1,563	22
15-24 years	1,538	39 *	3 *	--	--	--	--	155	10	72 *	5 *
25-44 years	2,847	294	10	44 *	2 *	--	--	226	8	282	10
45-64 years	1,833	450	25	190	10	35 *	2 *	183	10	679	37
65 years and over	915	350	38	254	28	80 *	9 *	213	23	530	58
Male											
All age groups	3,480	537	15	252	7	78 *	2 *	330	9	569	16
15-24 years	783	--	--	--	--	--	--	59 *	7 *	--	--
25-44 years	1,407	169	12	--	--	--	--	85 *	6 *	106 *	8 *
	901	223	25	117 *	13 *	--	--	101 *	11 *	264	29
	389	123	32	109	28	40 *	10 *	85 *	22 *	176	45
Female											
All age groups	3,653	597	16	262	7	72 *	2 *	447	12	994	27
15-24 years	755	--	--	--	--	--	--	96 *	13 *	49 *	6 *
25-44 years	1,440	125 *	9 *	--	--	--	--	141	10	177	12
45-64 years	933	227	24	72 *	8 *	--	--	81 *	9 *	414	44
65 years and over	526	227	43	145	28	40 *	8 *	128	24	354	67
Prairies											
Both sexes											
All age groups	3,350	580	17	221	7	78	2	364	11	781	23
15-24 years	768	40 *	5 *	14 *	2 *	--	--	57	7	57	7
25-44 years	1,411	178	13	40 *	3 *	--	--	102	7	190	13
45-64 years	761	199	26	75	10	25 *	3 *	120	16	303	40
65 years and over	411	164	40	91	22	34 *	8 *	84	20	231	56
Male											
All age groups	1,672	277	17	117	7	33 *	2 *	188	11	330	20
15-24 years	390	26 *	7 *	--	--	--	--	33 *	9 *	28 *	7 *
25-44 years	718	97	14	21 *	3 *	--	--	50 *	7 *	84	12
45-64 years	379	91	24	45 *	12 *	--	--	60	16	131	35
65 years and over	185	64	34	46	25	17 *	9 *	45	24	86	47
Female											
All age groups	1,679	303	18	104	6	45	3	176	10	451	27
15-24 years	379	14 *	4 *	--	--	--	--	24 *	6 *	29 *	8 *
25-44 years	693	81	12	19 *	3	--	--	52 *	8 *	105	15
45-64 years	381	108	28	30 *	8	15 *	4 *	60	16	172	45
65 years and over	226	100	44	45	20	17 *	8 *	39	17	144	64
British Columbia											
Both sexes											
All age groups	2,270	350	15	129	6	50 *	2 *	209	9	488	22
15-24 years	457	--	--	--	--	--	--	40 *	9 *	33 *	7 *
25-44 years	924	96	10	26 *	3 *	--	--	52 *	6 *	110	12
45-64 years	566	106	19	26 *	5 *	--	--	56 *	10 *	191	34
65 years and over	323	131	40	69	21	24 *	8 *	61	19	155	48
Male											
All age groups	1,119	177	16	63	6	--	--	110	10	214	19
15-24 years	232	--	--	--	--	--	--	23 *	10 *	--	--
25-44 years	461	49 *	11 *	--	--	--	--	34 *	7 *	52 *	11 *
45-64 years	282	63 *	22 *	--	--	--	--	23 *	8 *	84 *	30 *
65 years and over	143	54 *	38 *	36 *	25 *	--	--	29 *	20 *	62	43
Female											
All age groups	1,151	173	15	65 *	6 *	31 *	3 *	99	9	275	24
15-24 years	224	--	--	--	--	--	--	--	--	--	--
25-44 years	462	47 *	10 *	--	--	--	--	--	--	58 *	12 *
45-64 years	284	43 *	15 *	--	--	--	--	33 *	12 *	107	38
65 years and over	180	77	43	32 *	18 *	--	--	32 *	18 *	93	51

TABLE 52

Population 15 Years of Age and Over by Type of Smoker, by Age Group, Sex and Prevalence of Selected Health Problems, Canada, 1985

Age group, sex and prevalence of selected health problems		Type of smoker						
		Total	Regular smoker	Occasional smoker	Pipe or cigar	Never smoked	Former smoker	Not stated
in thousands								
All age groups								
Male								
Population 15 years of age and over		9,649	3,196	422	246	3,275	2,409	101 *
Hypertension	No.	1,482	492	55 *	39	405	481	--
	%	15	15	13 *	16	12	20	--
Heart trouble	No.	663	196	--	--	133	305	--
	%	7	6	--	--	4	13	--
Diabetes	No.	203	39 *	--	--	76 *	72 *	--
	%	2	1 *	--	--	2 *	3 *	--
Respiratory problems	No.	984	431	49 *	28 *	199	272	--
	%	10	13	12 *	11 *	6	11	--
Arthritis/rheumatism	No.	1,661	536	69 *	55 *	372	621	--
	%	17	17	16 *	22 *	11	26	--
Female								
Population 15 years of age and over		10,019	2,789	433	--	5,042	1,641	100 *
Hypertension	No.	1,737	396	63 *	--	977	289	--
	%	17	14	14 *	--	19	18	--
Heart trouble	No.	679	144	--	--	389	131	--
	%	7	5	--	--	8	8	--
Diabetes	No.	264	48 *	--	--	176	35 *	--
	%	3	2 *	--	--	3	2 *	--
Respiratory problems	No.	1,154	421	36 *	--	489	203	--
	%	12	15	8 *	--	10	12	--
Arthritis/rheumatism	No.	2,619	696	101	--	1,349	464	--
	%	26	25	23	--	27	28	--
15-24 years								
Male								
Population 15-24 years		2,186	578	141	--	1,247	161	35 *
Hypertension	No.	126	47 *	--	--	59 *	--	--
	%	6	8 *	--	--	5 *	--	--
Heart trouble	No.	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--
Diabetes	No.	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--
Respiratory problems	No.	162	78 *	--	--	68 *	--	--
	%	7	14 *	--	--	5 *	--	--
Arthritis/rheumatism	No.	91 *	40 *	--	--	44 *	--	--
	%	4 *	7 *	--	--	4 *	--	--
Female								
Population 15-24 years		2,111	639	145	--	1,103	179	44 *
Hypertension	No.	87 *	39 *	--	--	41 *	--	--
	%	4 *	6 *	--	--	4 *	--	--
Heart trouble	No.	48 *	--	--	--	27 *	--	--
	%	2 *	--	--	--	2 *	--	--
Diabetes	No.	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--
Respiratory problems	No.	223	108	--	--	93 *	--	--
	%	11	17	--	--	8 *	--	--
Arthritis/rheumatism	No.	161	73 *	--	--	55 *	--	--
	%	8	11 *	--	--	5 *	--	--

TABLE 52
Population 15 Years of Age and Over by Type of Smoker, by Age Group, Sex and Prevalence
of Selected Health Problems, Canada, 1985 – Continued

Age group, sex and prevalence of selected health problems		Type of smoker						
		Total	Regular smoker	Occasional smoker	Pipe or cigar	Never smoked	Former smoker	Not stated
in thousands								
25-44 years								
Male								
Population 25-44 years		4,021	1,529	191	114	1,296	858	33 *
Hypertension	No.	443	189	--	--	136	69 *	--
	%	11	12	--	--	10	8 *	--
Heart trouble	No.	77 *	29 *	--	--	--	--	--
	%	2 *	2 *	--	--	--	--	--
Diabetes	No.	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--
Respiratory problems	No.	272	128	--	--	63 *	47 *	--
	%	7	8	--	--	5 *	6 *	--
Arthritis/rheumatism	No.	372	137	33 *	--	91 *	90 *	--
	%	9	9	17 *	--	7 *	11 *	--
Female								
Population 25-44 years		4,039	1,239	159 *	--	1,791	815	29 *
Hypertension	No.	397	124	--	--	177	71 *	--
	%	10	10	--	--	10	9 *	--
Heart trouble	No.	93 *	40 *	--	--	30 *	--	--
	%	2 *	3 *	--	--	2 *	--	--
Diabetes	No.	52 *	--	--	--	26 *	--	--
	%	1 *	--	--	--	1 *	--	--
Respiratory problems	No.	326	155	--	--	91 *	65 *	--
	%	8	13	--	--	5 *	8 *	--
Arthritis/rheumatism	No.	522	195	--	--	194	104	--
	%	13	16	--	--	11	13	--
45-64 years								
Male								
Population 45-64 years		2,376	847	56 *	71 *	508	864	30 *
Hypertension	No.	563	180	--	--	125	225	--
	%	24	21	--	--	25	26	--
Heart trouble	No.	268	92 *	--	--	39 *	128	--
	%	11	11 *	--	--	8 *	15	--
Diabetes	No.	78 *	--	--	--	38 *	--	--
	%	3 *	--	--	--	7 *	--	--
Respiratory problems	No.	276	145	--	--	38 *	78 *	--
	%	12	17	--	--	8 *	9 *	--
Arthritis/rheumatism	No.	714	245	--	--	143	291	--
	%	30	29	--	--	28	34	--
Female								
Population 45-64 years		2,461	703	102	--	1,201	423	26 *
Hypertension	No.	651	154	27 *	--	355	108	--
	%	26	22	27 *	--	30	26	--
Heart trouble	No.	208	51 *	--	--	94 *	55 *	--
	%	8	7 *	--	--	8 *	13 *	--
Diabetes	No.	76 *	--	--	--	54 *	--	--
	%	3 *	--	--	--	5 *	--	--
Respiratory problems	No.	286	93 *	--	--	110	73 *	--
	%	12	13 *	--	--	9	17 *	--
Arthritis/rheumatism	No.	1,053	303	40 *	--	497	209	--
	%	43	43	39 *	--	41	49	--

TABLE 52
Population 15 Years of Age and Over by Type of Smoker, by Age Group, Sex and Prevalence
of Selected Health Problems, Canada, 1985 – Concluded

Age group, sex and prevalence of selected health problems		Type of smoker						
		Total	Regular smoker	Occasional smoker	Pipe or cigar	Never smoked	Former smoker	Not stated
in thousands								
65 years and over								
Male								
Population of 65 years and over		1,065	242	33 *	38 *	224	526	--
Hypertension	No.	350	75 *	--	--	86	168	--
	%	33	31 *	--	--	38	32	--
Heart trouble	No.	303	73 *	--	--	58 *	156	--
	%	28	30 *	--	--	26 *	30	--
Diabetes	No.	93	--	--	--	24 *	50 *	--
	%	9	--	--	--	11 *	9 *	--
Respiratory problems	No.	274	80 *	--	--	30 *	142	--
	%	26	33 *	--	--	14 *	27	--
Arthritis/rheumatism	No.	485	113	--	--	94	238	--
	%	46	47	--	--	42	45	--
Female								
Population of 65 years and over		1,407	208	27 *	--	947	224	--
Hypertension	No.	603	79 *	--	--	404	106	--
	%	43	38 *	--	--	43	47	--
Heart trouble	No.	331	40 *	--	--	238	53 *	--
	%	24	19 *	--	--	25	23 *	--
Diabetes	No.	121	--	--	--	86	--	--
	%	9	--	--	--	9	--	--
Respiratory problems	No.	319	66 *	--	--	195	53 *	--
	%	23	32 *	--	--	21	24 *	--
Arthritis/rheumatism	No.	882	125	--	--	603	135	--
	%	63	60	--	--	64	60	--

TABLE 53
Population 15 Years of Age and Over by Type of Drinker by Age Group, Sex and Prevalence
of Selected Health Problems, Canada, 1985

Age group, sex and prevalence of selected health problems			Type of drinker					
			Total	Current drinker	Occasional drinker	Former drinker	Never drank	Not stated
in thousands								
All age groups								
Male								
Population 15 years of age and over			9,649	7,120	1,069	630	783	47 *
Hypertension			No. 1,482	1,048	166	157	108	--
			% 15	15	16	25	14	--
Heart trouble			No. 663	406	90 *	117	49 *	--
			% 7	6	8 *	19	6 *	--
Diabetes			No. 203	98 *	26 *	38 *	41 *	--
			% 2	1 *	2 *	6 *	5 *	--
Respiratory problems			No. 984	675	114	113	81 *	--
			% 10	9	11	18	10 *	--
Arthritis/Rheumatism			No. 1,661	1,092	264	171	132	--
			% 17	15	25	27	17	--
Female								
Population 15 years of age and over			10,019	5,264	2,413	627	1,693	--
Hypertension			No. 1,737	708	442	166	416	--
			% 17	13	18	27	25	--
Heart trouble			No. 679	253	142	78 *	207	--
			% 7	5	6	12 *	12	--
Diabetes			No. 264	57 *	64 *	57 *	86 *	--
			% 3	1 *	3 *	9 *	5 *	--
Respiratory problems			No. 1,154	548	283	88 *	228	--
			% 12	10	12	14 *	13	--
Arthritis/Rheumatism			No. 2,619	1,185	632	249	549	--
			% 26	23	26	40	32	--
15-24 years								
Male								
Population 15-24 years			2,186	1,596	251	45 *	289	--
Hypertension			No. 126	95 *	--	--	--	--
			% 6	6 *	--	--	--	--
Heart trouble			No. --	--	--	--	--	--
			% --	--	--	--	--	--
Diabetes			No. --	--	--	--	--	--
			% --	--	--	--	--	--
Respiratory problems			No. 162	129	--	--	--	--
			% 7	8	--	--	--	--
Arthritis/Rheumatism			No. 91 *	70 *	--	--	--	--
			% 4 *	4 *	--	--	--	--
Female								
Population 15-24 years			2,111	1,182	530	78 *	316	--
Hypertension			No. 87 *	40 *	31 *	--	--	--
			% 4 *	3 *	6 *	--	--	--
Heart trouble			No. 48 *	46 *	--	--	--	--
			% 2 *	4 *	--	--	--	--
Diabetes			No. --	--	--	--	--	--
			% --	--	--	--	--	--
Respiratory problems			No. 223	124	67 *	--	29 *	--
			% 11	10	13 *	--	9 *	--
Arthritis/Rheumatism			No. 161	109	41 *	--	--	--
			% 8	9	8 *	--	--	--

TABLE 53
Population 15 Years of Age and Over by Type of Drinker by Age Group, Sex and Prevalence
of Selected Health Problems, Canada, 1985 – Continued

Age group, sex and prevalence of selected health problems		Type of drinker					
		Total	Current drinker	Occasional drinker	Former drinker	Never drank	Not stated
in thousands							
25-44 years							
Male							
Population 25-44 years		4,021	3,271	339	223	165	--
Hypertension	No.	443	354	35 *	41 *	--	--
	%	11	11	10 *	18 *	--	--
Heart trouble	No.	77 *	60 *	--	--	--	--
	%	2 *	2 *	--	--	--	--
Diabetes	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--
Respiratory problems	No.	272	200	33 *	--	--	--
	%	7	6	10 *	--	--	--
Arthritis/Rheumatism	No.	372	280	47 *	--	--	--
	%	9	9	14 *	--	--	--
Female							
Population 25-44 years		4,039	2,367	1,030	201	434	--
Hypertension	No.	397	197	120	--	58 *	--
	%	10	8	12	--	13 *	--
Heart trouble	No.	93 *	44 *	29 *	--	--	--
	%	2 *	2 *	3 *	--	--	--
Diabetes	No.	52 *	14 *	--	--	--	--
	%	1 *	1 *	--	--	--	--
Respiratory problems	No.	326	191	81 *	--	35 *	--
	%	8	8	8 *	--	8 *	--
Arthritis/Rheumatism	No.	522	307	139	32 *	42 *	--
	%	13	13	14	16 *	10 *	--
45-64 years							
Male							
Population 45-64 years		2,376	1,655	319	192	197	--
Hypertension	No.	563	401	64 *	49 *	49 *	--
	%	24	24	20 *	26 *	25 *	--
Heart trouble	No.	268	171	40 *	47 *	--	--
	%	11	10	13 *	24 *	--	--
Diabetes	No.	78 *	31 *	--	--	28 *	--
	%	3 *	2 *	--	--	14 *	--
Respiratory problems	No.	276	183	41 *	36 *	--	--
	%	12	11	13 *	18 *	--	--
Arthritis/Rheumatism	No.	714	469	127	58 *	59 *	--
	%	30	28	40	30 *	30 *	--
Female							
Population 45-64 years		2,461	1,285	568	172	431	--
Hypertension	No.	651	316	157	46 *	128	--
	%	26	25	28	27 *	30	--
Heart trouble	No.	208	80 *	59 *	26 *	42 *	--
	%	8	6 *	10 *	15 *	10 *	--
Diabetes	No.	76 *	--	--	--	--	--
	%	3 *	--	--	--	--	--
Respiratory problems	No.	286	143	66 *	--	59 *	--
	%	12	11	12 *	--	14 *	--
Arthritis/Rheumatism	No.	1,053	508	269	95 *	181	--
	%	43	40	47	56 *	42	--

TABLE 53
Population 15 Years of Age and Over by Type of Drinker by Age Group, Sex and Prevalence
of Selected Health Problems, Canada, 1985 – Concluded

Age group, sex and prevalence of selected health problems	Type of drinker					
	Total	Current drinker	Occasional drinker	Former drinker	Never drank	Not stated
in thousands						
65 years and over						
Male						
Population 65 years and over	1,065	598	161	170	132	--
Hypertension	No. 350	198	51 *	63 *	36 *	--
	% 33	33	32 *	37 *	28 *	--
Heart trouble	No. 303	163	40 *	61 *	38 *	--
	% 28	27	25 *	36 *	29 *	--
Diabetes	No. 93	42 *	--	25 *	--	--
	% 9	7 *	--	15 *	--	--
Respiratory problems	No. 274	163	35 *	48 *	27 *	--
	% 26	27	22 *	29 *	21 *	--
Arthritis/Rheumatism	No. 485	274	79 *	79 *	52 *	--
	% 46	46	49 *	46 *	40 *	--
Female						
Population 65 years and over	1,407	431	285	176	512	--
Hypertension	No. 603	155	134	90	224	--
	% 43	36	47	51	44	--
Heart trouble	No. 331	83 *	54 *	44 *	151	--
	% 24	19 *	19 *	25 *	29	--
Diabetes	No. 121	--	--	39 *	50 *	--
	% 9	--	--	23 *	10 *	--
Respiratory problems	No. 319	90	69 *	52 *	105	--
	% 23	21	24 *	30 *	21	--
Arthritis/Rheumatism	No. 882	261	182	114	323	--
	% 63	61	64	65	63	--

TABLE 54
Population 20 Years of Age and Over by Body Mass Index by Age Group, Sex and Prevalence of Selected Health Problems, Canada, 1985

Age group, sex and prevalence of selected health problems		Body mass index					
		Total	Underweight	Acceptable	Overweight	Obese	Not stated
in thousands							
All age groups							
Male							
Population 20 years of age and over		8,656	550	4,406	3,052	557	93 *
Hypertension	No.	1,431	55 *	542	621	204	--
	%	17	10 *	12	20	37	--
Heart trouble	No.	654	41 *	293	260	56 *	--
	%	8	8 *	7	9	10 *	--
Diabetes	No.	199	--	74 *	84 *	34 *	--
	%	2	--	2 *	3 *	6 *	--
Respiratory problems	No.	918	76 *	405	344	81 *	--
	%	11	14 *	9	11	15 *	--
Arthritis/Rheumatism	No.	1,636	87 *	684	689	153	--
	%	19	16 *	16	23	28	--
Female							
Population 20 years of age and over		9,074	674	4,926	2,424	852	197
Hypertension	No.	1,700	79 *	642	578	347	55 *
	%	19	12 *	13	24	41	28 *
Heart trouble	No.	661	51 *	267	234	93 *	--
	%	7	8 *	5	10	11 *	--
Diabetes	No.	254	--	91 *	76 *	75 *	--
	%	3	--	2 *	3 *	9 *	--
Respiratory problems	No.	1,056	89 *	507	310	140	--
	%	12	13 *	10	13	16	--
Arthritis/Rheumatism	No.	2,551	121	1,081	822	449	78 *
	%	28	18	22	34	53	39 *
20-24 years							
Male							
Population 20-24 years		1,193	149	773	241	--	--
Hypertension	No.	75 *	--	36 *	27 *	--	--
	%	6 *	--	5 *	11 *	--	--
Heart trouble	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--
Diabetes	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--
Respiratory problems	No.	97 *	--	64 *	--	--	--
	%	8 *	--	8 *	--	--	--
Arthritis/Rheumatism	No.	66 *	--	32 *	29 *	--	--
	%	6 *	--	4 *	12 *	--	--
Female							
Population 20-24 years		1,166	171	799	157	32 *	--
Hypertension	No.	50 *	--	30 *	--	--	--
	%	4 *	--	4 *	--	--	--
Heart trouble	No.	30 *	--	--	--	--	--
	%	3 *	--	--	--	--	--
Diabetes	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--
Respiratory problems	No.	125	--	71 *	32 *	--	--
	%	11	--	9 *	20 *	--	--
Arthritis/Rheumatism	No.	93 *	--	56 *	--	--	--
	%	8 *	--	7 *	--	--	--

TABLE 54
Population 20 Years of Age and Over by Body Mass Index by Age Group, Sex and Prevalence of
Selected Health Problems, Canada, 1985 – Continued

Age group, sex and prevalence of selected health problems		Body mass index					
		Total	Underweight	Acceptable	Overweight	Obese	Not stated
in thousands							
25-44 years							
Male							
Population 25-44 years		4,021	231	2,140	1,372	243	35 *
Hypertension	No.	443	--	159	188	75 *	--
	%	11	--	7	14	31 *	--
Heart trouble	No.	77 *	--	47 *	--	--	--
	%	2 *	--	2 *	--	--	--
Diabetes	No.	--	--	--	--	--	--
	%	--	--	--	--	--	--
Respiratory problems	No.	272	--	116	101	28 *	--
	%	7	--	5	7	12 *	--
Arthritis/Rheumatism	No.	372	--	176	125	48 *	--
	%	9	--	8	9	20 *	--
Female							
Population 25-44 years		4,039	335	2,477	900	278	49 *
Hypertension	No.	397	32 *	182	109	66 *	--
	%	10	9 *	7	12	24 *	--
Heart trouble	No.	93 *	--	48 *	32 *	--	--
	%	2 *	--	2 *	4 *	--	--
Diabetes	No.	52 *	--	34 *	--	--	--
	%	1 *	--	1 *	--	--	--
Respiratory problems	No.	326	--	191	84 *	27 *	--
	%	8	--	8	9 *	10 *	--
Arthritis/Rheumatism	No.	522	31 *	284	133	67 *	--
	%	13	9 *	11	15	24 *	--
45-64 years							
Male							
Population 45-64 years		2,376	66 *	1,019	1,052	207	32 *
Hypertension	No.	563	--	207	258	87 *	--
	%	24	--	20	25	42 *	--
Heart trouble	No.	268	--	112	131	--	--
	%	11	--	11	12	--	--
Diabetes	No.	78 *	--	33 *	28 *	--	--
	%	3 *	--	3 *	3 *	--	--
Respiratory problems	No.	276	--	104	132	--	--
	%	12	--	10	13	--	--
Arthritis/Rheumatism	No.	714	--	280	348	61 *	--
	%	30	--	27	33	29 *	--
Female							
Population 45-64 years		2,461	80 *	1,078	868	331	104
Hypertension	No.	651	--	209	229	161	31 *
	%	26	--	19	26	49	29 *
Heart trouble	No.	208	--	73 *	77 *	31 *	--
	%	8	--	7 *	9 *	9 *	--
Diabetes	No.	76 *	--	--	--	34 *	--
	%	3 *	--	--	--	10 *	--
Respiratory problems	No.	286	--	119	103	47 *	--
	%	12	--	11	12	14 *	--
Arthritis/Rheumatism	No.	1,053	32 *	412	342	223	45 *
	%	43	40 *	38	39	67	43 *

TABLE 54
Population 20 Years of Age and Over by Body Mass Index by Age Group, Sex and Prevalence of Selected Health Problems, Canada, 1985 – Concluded

Age group, sex and prevalence of selected health problems		Body mass index					Not stated
		Total	Underweight	Acceptable	Overweight	Obese	
in thousands							
65 years and over							
Male							
Population 65 years and over		1,065	103	474	387	87 *	--
Hypertension	No.	350	--	140	148	40 *	--
	%	33	--	30	38	46 *	--
Heart trouble	No.	303	32 *	131	115	23 *	--
	%	28	31 *	28	30	26 *	--
Diabetes	No.	93 *	--	25 *	51 *	--	--
	%	9 *	--	5 *	13 *	--	--
Respiratory problems	No.	274	30 *	121	94	26 *	--
	%	26	29 *	26	24	30 *	--
Arthritis/Rheumatism	No.	485	48 *	196	186	44 *	--
	%	46	47 *	41	48	51 *	--
Female							
Population 65 years and over		1,407	89	572	499	211	36 *
Hypertension	No.	603	--	221	233	110	--
	%	43	--	39	47	52	--
Hearth Trouble	No.	331	23 *	129	120	54 *	--
	%	24	26 *	22	24	26 *	--
Diabetes	No.	121	--	39 *	46 *	27 *	--
	%	9	--	7 *	9 *	13 *	--
Respiratory problems	No.	319	33 *	126	92	64 *	--
	%	23	37 *	22	18	30 *	--
Arthritis/Rheumatism	No.	882	52 *	330	322	153	26 *
	%	63	58 *	58	65	72	71 *

TABLE 55
Population 15 Years of Age and Over by Activity Level by Age Group, Sex and Prevalence of Selected Health Problems, Canada, 1985

Age group, sex and prevalence of selected health problems		Activity level				
		Total	Sedentary	Moderately active	Active	Not stated
in thousands						
All age groups						
Male						
Population 15 years of age and over		9,649	2,712	3,845	2,954	138
Hypertension	No.	1,482	517	655	292	--
	%	15	19	17	10	--
Heart trouble	No.	663	224	342	97 *	--
	%	7	8	9	3 *	--
Diabetes	No.	203	75 *	96 *	29 *	--
	%	2	3 *	2 *	1 *	--
Respiratory problems	No.	984	297	505	179	--
	%	10	11	13	6	--
Arthritis/Rheumatism	No.	1,661	585	768	290	--
	%	17	22	20	10	--
Female						
Population 15 years of age and over		10,019	2,945	4,721	2,259	95 *
Hypertension	No.	1,737	662	844	213	--
	%	17	22	18	9	--
Heart trouble	No.	679	294	312	65 *	--
	%	7	10	7	3 *	--
Diabetes	No.	264	122	126	--	--
	%	3	4	3	--	--
Respiratory problems	No.	1,154	462	491	197	--
	%	12	16	10	9	--
Arthritis/Rheumatism	No.	2,619	940	1,320	347	--
	%	26	32	28	15	--
15-24 years						
Male						
Population 15-24 years		2,186	249	699	1,207	32 *
Hypertension	No.	126	36 *	--	67 *	--
	%	6	15 *	--	6 *	--
Heart trouble	No.	--	--	--	--	--
	%	--	--	--	--	--
Diabetes	No.	--	--	--	--	--
	%	--	--	--	--	--
Respiratory problems	No.	162	26 *	77 *	59 *	--
	%	7	10 *	11 *	5 *	--
Arthritis/Rheumatism	No.	91 *	--	--	72 *	--
	%	4 *	--	--	6 *	--
Female						
Population 15-24 years		2,111	357	846	869	39 *
Hypertension	No.	87 *	--	43 *	26 *	--
	%	4 *	--	5 *	3 *	--
Heart trouble	No.	48 *	--	--	--	--
	%	2 *	--	--	--	--
Diabetes	No.	--	--	--	--	--
	%	--	--	--	--	--
Respiratory problems	No.	223	49 *	95 *	79 *	--
	%	11	14 *	11 *	9 *	--
Arthritis/Rheumatism	No.	161	--	64 *	86 *	--
	%	8	--	8 *	10 *	--

TABLE 55

Population 15 Years of Age and Over by Activity Level by Age Group, Sex and Prevalence of Selected Health Problems, Canada, 1985 – Continued

Age group, sex and prevalence of selected health problems		Activity level				
		Total	Sedentary	Moderately active	Active	Not stated
in thousands						
25-44 years						
Male						
Population 25-44 years		4,021	1,102	1,542	1,311	66 *
Hypertension	No.	443	129	161	141	--
	%	11	12	10	11	--
Heart trouble	No.	77 *	--	32 *	--	--
	%	2 *	--	2 *	--	--
Diabetes	No.	--	--	--	--	--
	%	--	--	--	--	--
Respiratory problems	No.	272	58 *	138	75 *	--
	%	7	5 *	9	6 *	--
Arthritis/Rheumatism	No.	372	103	170	95 *	--
	%	9	9	11	7 *	--
Female						
Population 25-44 years		4,039	1,060	1,954	992	34 *
Hypertension	No.	397	110	202	79 *	--
	%	10	10	10	8 *	--
Heart trouble	No.	93 *	26 *	48 *	--	--
	%	2 *	2 *	2 *	--	--
Diabetes	No.	52 *	--	29 *	--	--
	%	1 *	--	2 *	--	--
Respiratory problems	No.	326	115	144	67 *	--
	%	8	11	7	7 *	--
Arthritis/Rheumatism	No.	522	117	293	111	--
	%	13	11	15	11	--
45-64 years						
Male						
Population 45-64 years		2,376	1,034	1,032	278	32 *
Hypertension	No.	563	248	272	40 *	--
	%	24	24	26	15 *	--
Heart trouble	No.	268	98 *	148	--	--
	%	11	9 *	14	--	--
Diabetes	No.	78 *	42 *	29 *	--	--
	%	3 *	4 *	3 *	--	--
Respiratory problems	No.	276	116	143	--	--
	%	12	11	14	--	--
Arthritis/Rheumatism	No.	714	326	324	56 *	--
	%	30	32	31	20 *	--
Female						
Population 45-64 years		2,461	885	1,253	307	--
Hypertension	No.	651	242	331	70 *	--
	%	26	27	26	23 *	--
Heart trouble	No.	208	93 *	100 *	--	--
	%	8	10 *	8 *	--	--
Diabetes	No.	76 *	27 *	45 *	--	--
	%	3 *	3 *	4 *	--	--
Respiratory problems	No.	286	115	137	33 *	--
	%	12	13	11	11 *	--
Arthritis/Rheumatism	No.	1,053	386	557	108	--
	%	43	44	44	35	--

TABLE 55
Population 15 Years of Age and Over by Activity Level by Age Group, Sex and Prevalence of
Selected Health Problems, Canada, 1985 – Concluded

Age group, sex and prevalence of selected health problems		Activity level				
		Total	Sedentary	Moderately active	Active	Not stated
in thousands						
65 years and over						
Male						
Population 65 years and over		1,065	327	573	157	--
Hypertension	No.	350	103	202	44 *	--
	%	33	31	35	28 *	--
Heart trouble	No.	303	104	159	39 *	--
	%	28	32	28	25 *	--
Diabetes	No.	93	28 *	56 *	--	--
	%	9	9 *	10 *	--	--
Respiratory problems	No.	274	97	148	28 *	--
	%	26	30	26	18 *	--
Arthritis/Rheumatism	No.	485	151	264	67 *	--
	%	46	46	46	42 *	--
Female						
Population 65 years and over		1,407	643	669	89	--
Hypertension	No.	603	292	268	39 *	--
	%	43	45	40	43 *	--
Heart trouble	No.	331	173	140	--	--
	%	24	27	21	--	--
Diabetes	No.	121	77 *	41 *	--	--
	%	9	12 *	6 *	--	--
Respiratory problems	No.	319	184	115	--	--
	%	23	29	17	--	--
Arthritis/Rheumatism	No.	882	429	406	42 *	--
	%	63	67	61	47 *	--

3.5 SUMMARY OF SELECTED RISK FACTORS AND HEALTH STATUS

HIGHLIGHTS

- Persons who are obese, underweight, or who smoke are more likely to report a range of health problems than are persons with an acceptable weight range and non-smokers.
- Those who combine smoking with heavy drinking are more likely to report health problems than those engaging in either of these lifestyle practices alone.

METHODS

Previous chapters in this report have examined health status variables, and health care utilization in relation to lifestyle habits such as smoking, and other characteristics such as the Body Mass Index.

The purpose of this section is to present a summary of the association between some of these risk factors and a wide array of the health variables collected in the General Social Survey. The approach taken follows that used in the report of the 1983 City of Toronto Community Health Survey,¹ where odds ratios were calculated for each risk factor and health variable.

In the Toronto Survey report, the odds ratios were constructed by dividing the percentage of the population in a risk group with the health condition by the percentage of the population not in the risk group with the health condition. Thus a ratio greater than 1.0 indicates that the risk of having a condition is greater when the risk factor is present than when it is absent.

The calculations presented here differ in the determination of the reference group for which the risk factor is considered to be absent. Kleinbaum et al have suggested that, "if possible, the referent should also correspond to the

'natural' category or value of comparison, which typically would be the lowest risk group".² Using cigarette smoking as an example, instead of calculating the odds ratio for regular smokers versus the rest of the population, the odds ratio is calculated by comparing cigarette smokers to persons who have never smoked cigarettes.

Odds ratios have been calculated for the groups listed in Text Table K. For the definitions of categories such as "obese" and "sedentary", the reader is referred to the chapters on weight related to height, and physical activity. The age distribution of the population in each comparison group has been noted (in thousands). The comparisons for the Body Mass Index categories are based on the population aged 20 and over; all others are for age 15 and over.

Persons who have quit smoking or drinking are not included in the respective comparison groups for these single factors. The category of heavy drinkers is taken as being a current (monthly) drinker consuming 14 or more drinks per week. This represents the highest volume category used in the survey, and, as such, is rather arbitrary.

In addition to the single-factor odds ratios that have been presented for groups such as smokers versus never-smoked, a comparison has been provided for regular cigarette smokers and heavy drinkers (14 or more drinks per week) versus those who have never smoked and who are current drinkers consuming in the range of 0-6 drinks per week. Such a comparison is suggested by the findings of the Canada Health Survey that alcohol and tobacco use are positively correlated³ and by the findings of a longitudinal study conducted in Alameda County in California, which suggest that multiple risk factors have additive effects on health status.⁴

Previous chapters of this report have demonstrated that many of the health variables are correlated with age, older persons being more likely to report poorer health than younger persons. Accordingly, the risk factor odds ratios have been standardized to the age distribution of the total Canadian population aged 15 and over, using the age groups 15-24, 25-44, 45-64 and 65+.

TEXT TABLE K.
Age Distributions for Comparison Groups Used in the Calculation of Age-Standardized Odds-Ratios, Canada, 1985

	Age				
	All Ages	15-24	25-44	45-64	65+
– in thousands –					
Total Canadian Population 15 +	19,668	4,297	8,061	4,838	2,472
Regular Cigarette Smokers versus Persons Who Have Never Smoked	5,985 8,317	1,217 2,351	2,767 3,087	1,550 1,709	450 1,171
Heavy Drinkers (14 or more per week) versus Moderate Drinkers (0-6 drinks per week)	1,511 8,717	328 2,020	698 3,963	340 2,061	145 673
Regular Cigarette Smokers and Heavy Drinkers versus Persons Who Have Never Smoked and Who Are Moderate Drinkers	729 3,598	155 1,050	355 1,567	166 717	52 265
Persons Classified as Obese* versus Persons Within Acceptable Weight Range	1,409 9,523	-- --	573 6,325	538 2,141	298 1,057
Persons Classified as Underweight* versus Persons Within Acceptable Weight Range	1,224 9,523	-- --	886 6,325	146 2,141	192 1,057
Persons Classified as Sedentary versus Persons Classified as Moderately Active	5,657 8,565	606 1,544	2,162 3,495	1,919 2,285	970 1,241

* As the comparisons for the body mass index are based on the population aged 20 and over these are standardized using the Canadian population 20-44, as the sample size would not permit the use of the 20-24 group in the calculation of the risk factor odds ratios.

Limitations

First, while the odds ratios have been age-standardized, it may be that some of the results reflect sex differences. Given the sample size of the survey it would not be possible to reliably standardize these comparisons for sex as well.

Second, the cross-sectional nature of the General Social Survey data does not permit causal inferences to be drawn. For example, persons with long-term activity limitation may be unable to participate in physical activity, and would therefore be more likely to be classified as "sedentary" than "moderately active".

In view of these limitations the table should be seen as a summary of the overall bivariate association between these selected lifestyle characteristics and health variables, and may suggest directions for more detailed analysis.

RESULTS

The odds ratios are presented in Text Table L. The table shows three interesting patterns:

1. The largest single-factor odds ratios are most often observed for persons in the "obese" versus the "acceptable" weight range categories, for selected health problems.

2. For more than one-half of the health variables shown, the odds ratio for the combined category of "current smokers and heavy drinkers" exceeds that for either risk factor alone.
3. With certain exceptions, the odds ratios tend to be higher for the more subjective health measures, such as dissatisfaction with health, than for the prevalence of specific health conditions, such as, "have you ever had trouble with your heart"?

Obesity and Underweight versus Acceptable Weight

The highest odds ratios are observed for the prevalence of selected health problems among obese persons versus persons within the acceptable weight range for their height. Obese persons are two and one-half times as likely as persons of acceptable weight to have been diagnosed with high blood pressure or to have been prescribed treatment for high blood pressure. Obese persons are more than three times as likely to have been diagnosed with diabetes than persons of acceptable weight, and they are also more likely to report having arthritis/rheumatism than persons of acceptable weight.

Persons in the underweight category are more likely to report dissatisfaction with their health and lives than are persons within the acceptable weight range for their height. Underweight persons are nearly one and one-half times as likely to report having respiratory problems than are persons of acceptable weight, and they are more likely to indicate having had heart trouble than any other risk factor comparison group. It is important to remember, however, that a health condition may have resulted in the underweight condition.

Other Single Factor Odds Ratios

Regular smokers are nearly twice as likely to report having respiratory problems as those who have never smoked and more than one and one-half times as likely to assess their health as fair or poor and to indicate dissatisfaction with their health. The odds ratios for heavy versus

moderate drinkers tend to be lower than those for other comparison groups, with the exception of having been diagnosed as diabetic. Sedentary persons are more than one and one-half times as likely to indicate dissatisfaction with health and unhappiness than are moderately active persons.

Regular Smokers and Heavy Drinkers

An additive effect of smoking and heavy drinking is indicated for five of the health variables shown. These are: fair or poor health, reported respiratory problems, one or more bed-days in the past two weeks, long-term activity limitation, and dissatisfaction with health.

The largest such effect is observed for dissatisfaction with health. Regular smokers are roughly one and one-half time as likely as persons who have never smoked to report dissatisfaction with health; a ratio of 1.35 is observed for heavy drinkers versus moderate drinkers. Persons who are both smokers and heavy drinkers, however, are more than twice as likely to report dissatisfaction with health than persons who have never smoked and who are moderate drinkers.

DISCUSSION

The findings reflect those of previous research, as the associations are generally in the expected direction. The higher odds ratios for the combined category of smoking and heavy drinking, would appear to suggest that this group in particular, numbering some 729,000 adult Canadians, might benefit from a specific health promotion/awareness programme.

With the exceptions noted above, larger odds ratios are observed for subjective health measures, than for specific health conditions. This may occur for several reasons. First some of the questions asked whether or not the person had been "diagnosed" with certain health conditions. It cannot be assumed that all those with a certain condition have sought treatment for it. Second, the cross-sectional nature of the data must be considered. A longitudinal perspective is probably more appropriate for the study of the relationship between health behaviours and specific health conditions.

TEXT TABLE L.

Age-Standardized Odds Ratios for Selected Risk Factor Comparisons by Selected Health Measures, Population 15 Years of Age and Over, Canada, 1985

Health Variables	Regular Smokers	Heavy Drinkers	Current Smokers and Heavy Drinkers	Obese	Under- weight	Sedentary
	versus Never Smoked	versus Moderate Drinkers	versus Never- Smoked and Moderate Drinkers	versus Accep- table weight	versus Accep- table weight	versus Moderate Active
Fair or Poor Self- Rated Health Status	1.55	1.16	1.89	1.65	1.46	1.40
Ever Diagnosed with High Blood Pressure	.92	1.21	1.26	2.49	.91	1.09
Ever Prescribed Treatment for High Blood Pressure	.81	1.13	.99	2.68	.83	1.07
Ever had Trouble with Heart	1.09	.96	1.11	1.20	1.32	1.00
Ever Diagnosed with Diabetes	.56	1.42	.14	3.33	.44	1.12
Has Respiratory Problems	1.90	1.04	2.09	1.38	1.43	1.10
Has Arthritis/Rheumatism	1.04	1.03	.88	1.70	.96	.94
Had One or More Bed-Days in Past Two Weeks	1.26	1.17	1.81	1.30	1.37	1.12
Had One or More Nights in Hospital in Past Year	1.18	.74	.86	1.25	1.48	1.25
Have Long-Term Activity Limitation	1.25	1.16	1.51	1.62	1.24	1.22
Somewhat or Very Dissatisfied with Health	1.60	1.35	2.18	2.14	1.80	1.54
Somewhat or Very Dissatisfied with Life	1.81	1.24	1.70	1.25	1.84	1.23
Somewhat or Very Unhappy	1.38	1.17	1.33	1.28	1.97	1.58

¹ Age 20 + for obese and underweight.

NOTES

- ¹ City of Toronto, Department of Public Health
The City of Toronto Community Health
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Toronto Residents, 1983.
- ² Kleinbaum, David G., Lawrence L. Kupper
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- ⁴ Wiley, James A. and Terry C. Camacho, Life-
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CHAPTER 4

SUPPORT NETWORKS AND SOCIAL PARTICIPATION OF THE ELDERLY

4.1 SUPPORT GIVEN AND RECEIVED BY OLDER CANADIANS

HIGHLIGHTS

- Most persons 55 years and over living outside institutions feel they are able to perform without help daily activities such as light housework, grocery shopping, meal preparation, managing money and personal care. However, three in 10 say they require help or are unable to do yardwork, while one in five report having trouble with or are unable to do heavy housework.
- Two out of three persons 65 and over provide support to organizations or persons outside their own household, with one in three providing more than one kind of support. Over half the persons in this age group provide financial support to organizations such as churches and hospitals and to persons outside the household, while about one in six babysit or provide transportation.

METHODS

Information on help given to others was collected in Section L of the questionnaire (#77-83) and information on support received was collected in Section M(#84-103). Data on household composition was collected on the Selection Control Form.

In Section M, a series of questions were asked for each of seven instrumental activities of daily living: yardwork, heavy and light housework, grocery shopping, meal preparation, managing money and personal care. For the first five of these activities the respondent was asked who usually did the activity and whether or not the respondent could do the activity without help if necessary. The question on yardwork was asked only of those persons not living in apartments. For managing money and personal care the respondent was asked whether or not he or she usually had help in carrying it out. If the respondent indicated help was required a further question was asked to determine if the respondent was completely unable to do the activity or not. These questions permit the categorization of respondents by ability to carry out an activity into the following groups:

- 'does alone';
- 'can do alone' i.e., those who receive help but do not need it;
- 'requires some help' i.e., those who receive help but are able to do the activity in part;
- 'completely unable'.

The last two categories are combined in the tables because of small frequencies. For each activity the helper (e.g., spouse, son, daughter, formal care provider) and the frequency with which help was provided was determined.

In the analysis of these data, the respondent is considered to be receiving support if he or she reported either doing the activity with someone else or that the activity was usually done by someone else. When using this type of definition of support received, the division of labour within the household has been assumed to represent a form of mutual support. A common example of mutual support would be women receiving help with yardwork, and men receiving help with meal preparation.

In Section L, questions were asked on unpaid help and financial support provided to others in the previous six months. The possible types of help included housework, transportation, home maintenance or yardwork, babysitting, personal care, and volunteer work. Charitable donations to organizations and money given to persons living outside the household were considered as financial support. With the exception of babysitting, these questions referred to help given to persons or organizations outside the household. For each type of support provided, the relationship of the recipient was determined.

Age, sex, marital status and relationship to a reference person were asked on the Selection Control Form. These data are used to describe basic living arrangements with the categories:

- 'living alone'
- 'living with spouse' (persons living with their spouse only i.e., a couple with no other persons in the household and persons living with their partner and others, e.g., unmarried children)
- living with others' (persons not living with a spouse but who share accommodation, e.g., a widowed parent living with a child or a lodger.)

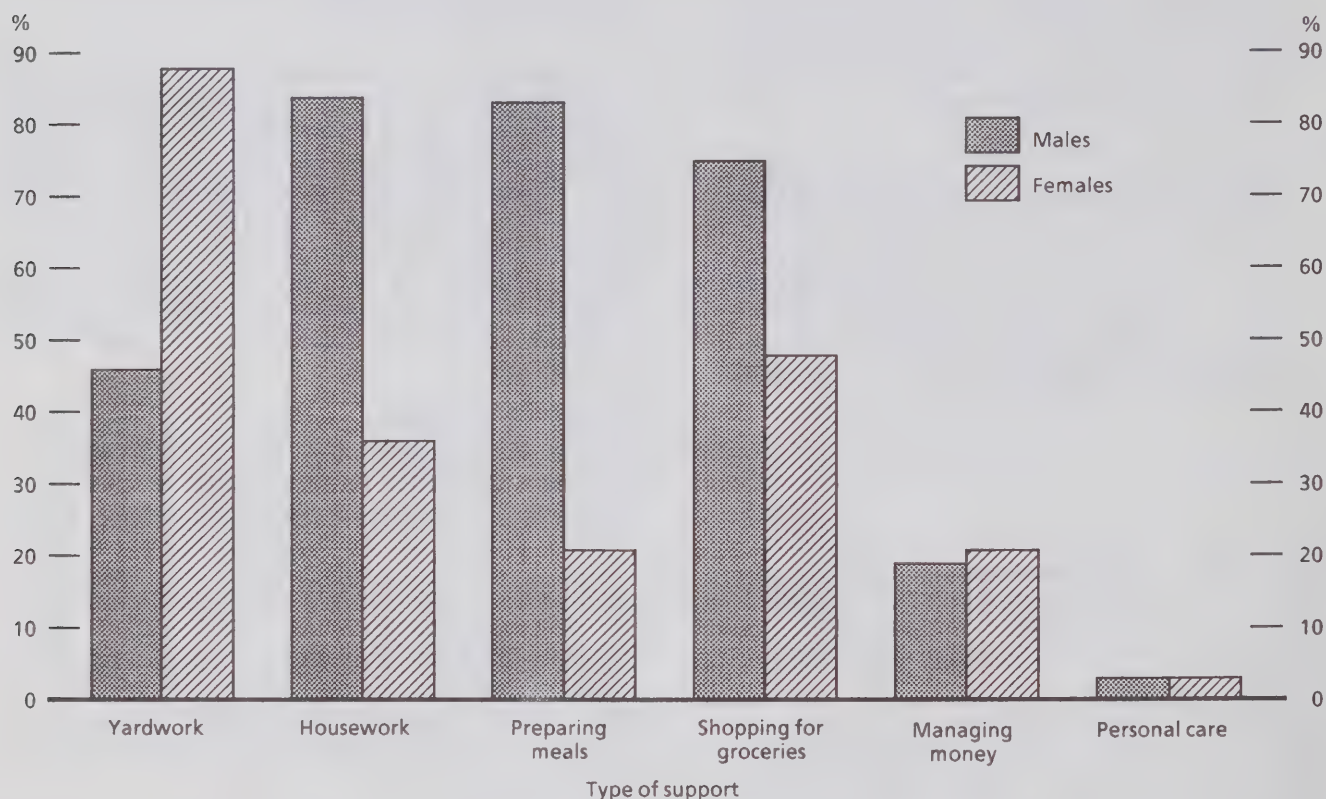
RESULTS

Support Received

As shown in Figure H, there are clear differences by sex for the type of help received by Canadians age 55 and over. Men are most likely to receive help with housework (84%), followed by meal preparation (83%) and grocery shopping (75%).

This pattern is seen for each of the age groups, although proportionally fewer men over 75 receive help. In each age group, women are most likely to receive help with yardwork (88% overall), followed by grocery shopping (48%) and housework (36%). About the same proportions of men and women get help with managing money (about 20%) and with personal care (3%).

Figure H
Type of Support Received by Population 55 Years of Age and Over by Sex, Canada, 1985



Proportionally more women aged 75 and over receive help than in the younger age groups, for all activities (Table 57). Women in the oldest age group are also more likely to get help with more than one activity. The same is not true for men. With respect to housework, grocery shopping and meal preparation, proportionally fewer men aged 75 and over receive help than at younger ages, although the proportion of older men receiving help with yardwork and personal care increases with age.

The relationship between support received and living arrangements is shown in Table 58. Only one in two persons who live alone receives help with at least one of the specific activities as

compared with over nine out of 10 of those who live with others. Men who live alone are somewhat less likely to receive help with these activities than are women who live alone, although there are considerably fewer men in this situation, particularly in the oldest age group. For both men and women living alone, yardwork is the activity for which they are most likely to receive help.

Nearly three out of four persons living with others (excluding their spouse) are getting help with more than one of the activities, as compared with only one in five of those living alone. It is not clear if this reflects the support available when persons share a household, or if those persons living with others do so because of their need for support.

The traditional division of activities between the sexes is evident for those persons living with a spouse. Nearly all men living with a spouse receive help with meal preparation, housework and grocery shopping while most married women receive help with yardwork.

Need for Support

Although a large proportion of the population aged 55 and over receives help, most do not require help as shown in Tables 59 and 60. One in three persons aged 55 and over report needing help with yardwork (excluding those living in apartments), while one in five need help with heavy housework and one in eight with grocery shopping. Proportionally twice as many women

as men report needing help with yardwork, grocery shopping and managing money (although the numbers for managing money are small). Twice as many men report needing help with meal preparation, while approximately the same proportion of men as women need help with housework and personal care.

Text Table M shows that reported need for help increases dramatically with age, although even for persons aged 75 and over, yardwork is the only activity which a majority report that they require some help for or that they are unable to do. Persons in the oldest age group are much more likely to be completely unable to do an activity as opposed to merely requiring help to carry it out.

TEXT TABLE M.

Percent of Population 55 Years of Age and Over Requiring Some Help or Unable to Carry Out Selected Activities by Sex then Age Group, Canada, 1985

Activity	Total	Males	Females	55-64	65-74	75+
Yardwork	33%	18%	46%	20%	37%	64%
Heavy Housework	21%	20%	22%	10%	22%	46%
Grocery Shopping	12%	8%	16%	5%	12%	33%
Meal Preparation	7%	10%	5%	3% *	8%	17%
Managing Money	4%	3% *	6%	1% *	4% *	12%
Light Housework	3% *	3% *	3%	2% *	3% *	9% *
Personal Care	2% *	2% *	3% *	- -	2% *	7% *

As illustrated in Figures I and J the traditional division of labour between the sexes is evident when examining the proportions of men and women who actually do an activity alone as compared with their ability to function independently. Women are much more likely

than men to do housework, meal preparation and grocery shopping alone, while men are more likely to do yardwork without help. There is little difference between the sexes in the proportions managing money or doing personal care alone.

Figure I
Males 55 Years of Age and Over by Ability to Perform Selected Activities by Activity, Canada, 1985

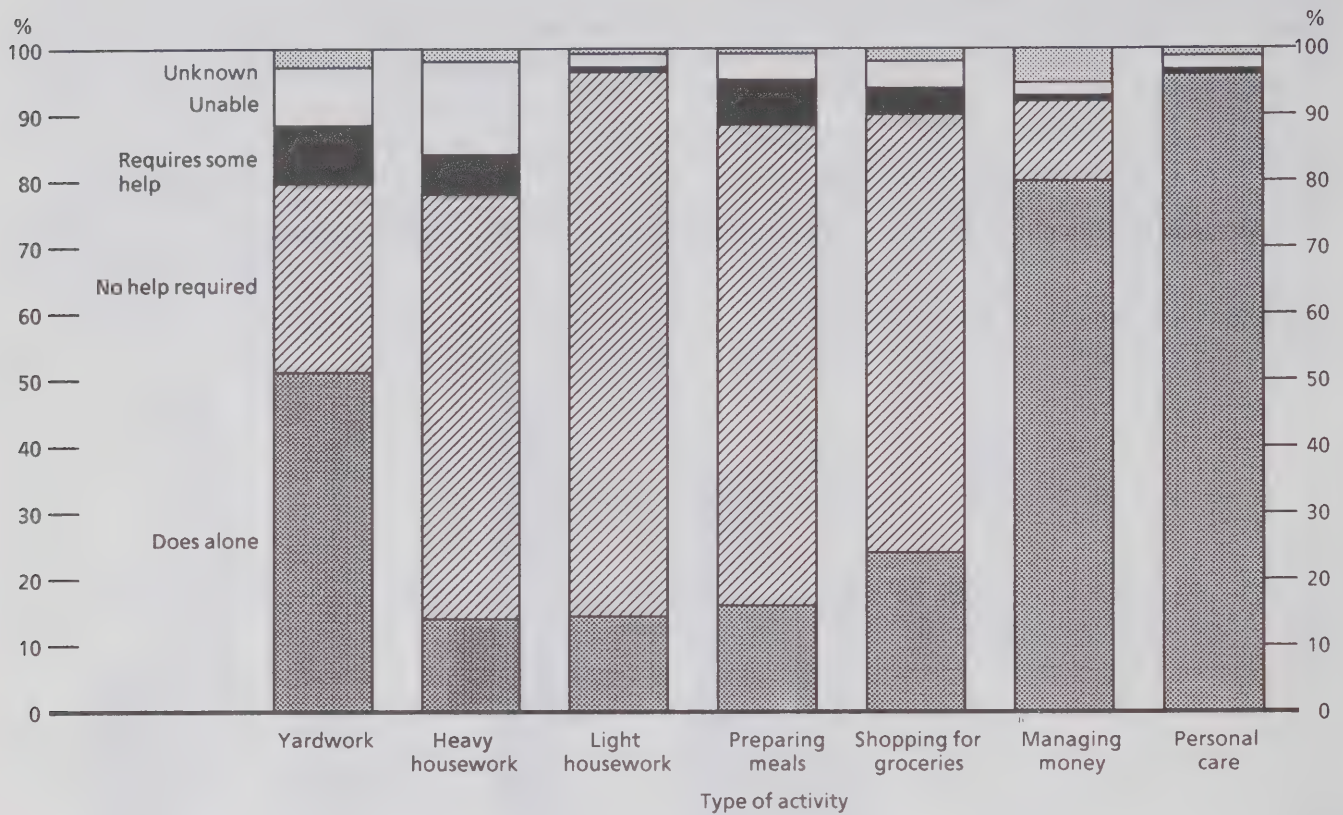
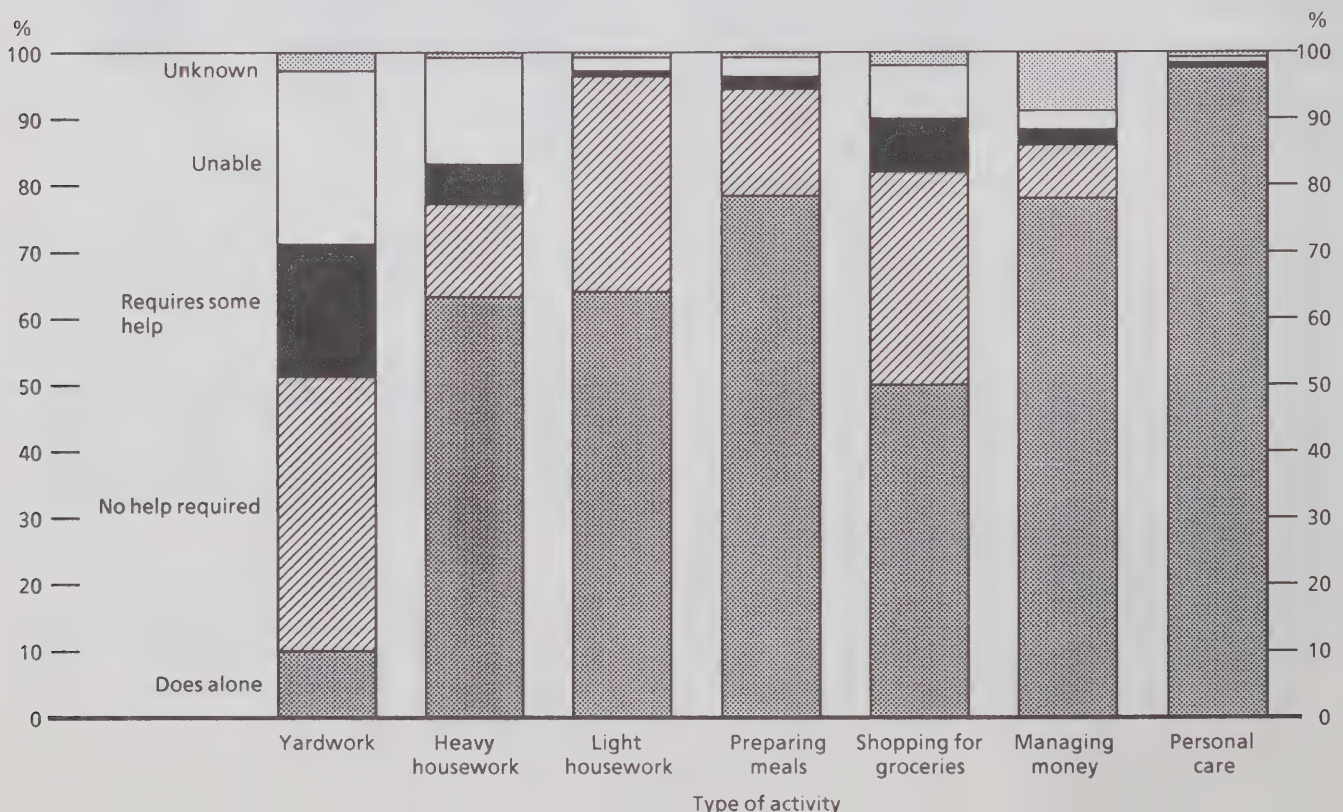


Figure J
Females 55 Years of Age and Over by Ability to Perform Selected Activities by Activity, Canada, 1985



As shown in Text Table N, persons living alone or with a spouse are less likely to require help than persons living with others. Nearly two out of five persons living with others need help with heavy housework as compared with about one in five of those living alone or with a spouse. Similarly

about one quarter of those living with others require help grocery shopping as compared with one in 10 of those living with a spouse or alone. Six per cent of those living with others require help with personal care, as compared with the one to two percent for the other groups.

TEXT TABLE N.

Percent of Population 55 Years of Age and Over Requiring Help or Unable to Carry Out Selected Activities by Living Arrangements, Canada, 1985

Activity	Total	Living alone	Living with spouse	Living with others
Yardwork	33%	39%	28%	51%
Heavy Housework	21%	16%	20%	38%
Grocery Shopping	12%	11%	11%	24%
Meal Preparation	7%	--	8%	14% *
Managing Money	4%	4% *	3%	11% *
Light Housework	3% *	--	3%	9% *
Personal Care	2% *	--	2% *	6% *

Relationship to Self-Rated Health Status and Activity Limitation

Need for help with daily activities is inversely related to health status. As shown in Table 61 those persons who report themselves to be in excellent health are least likely to require help, while those who report themselves to be in poor health are most likely to require help.

Text Table O shows the proportion of persons requiring help or unable to carry out an activity by health status. The ranking of activities is the same regardless of health status. Yardwork is the activity for which most persons require help and personal care is the activity for which fewest report needing help. The only exception to this ranking occurs among persons in poor health, with more persons reporting requiring help with light housework than with managing money.

TEXT TABLE O.

Percent of Population 55 Years of Age and Over Requiring Help or Unable to Carry Out Activities by Self-Rated Health Status, Canada, 1985

Activity	Total	Excellent	Good	Fair	Poor
Yardwork	33%	13%	25%	53%	73% *
Heavy Housework	21%	5% *	13%	34%	67% *
Grocery Shopping	12%	3% *	6%	21%	43% *
Meal Preparation	7%	3% *	4%	11%	26% *
Managing Money	4%	--	2% *	7% *	12% *
Light Housework	3% *	--	1% *	4% *	20% *
Personal Care	2% *	--	--	3% *	11% *

Text Table P shows the relationship between the degree of activity limitation and need for help in instrumental activities. The degree of activity limitation is based on the number of basic activities of daily living with which the respondent has trouble or is completely unable to

do. (See Section 3.3 and table 50 for details). The more severe the activity limitation, the more likely it is that help is required with instrumental activities. The rank order of activities for each level of activity limitation is the same and is identical to the order for self-rated health status.

TEXT TABLE P.

Percent of Population 55 Years of Age and Over Requiring Help or Unable to Carry Out Selected Activities by Degree of Activity Limitation, Canada, 1985

Activity	Total	None	Some	Moderate	Major
Yardwork	33%	14%	34%	68%	87%
Heavy Housework	21%	3% *	20%	56%	80%
Grocery Shopping	12%	--	8%	39%	66%
Meal Preparation	7%	2% *	5%	15% *	43%
Managing Money	4%	--	2% *	10% *	28%
Light Housework	3% *	--	--	--	36%
Personal Care	2% *	--	--	--	25% *

Support Provided

About seven out of 10 persons aged 55 and over provide some kind of support to persons or organizations outside the household. Three out of ten seniors provide only one type of support, while four out of ten provide more than one type (Text Table Q). Over half the population aged 55 and over report that they provide some kind of financial support, while nearly one quarter report providing babysitting. About one in four

provide transportation to others, while about one in seven do volunteer work of some kind. Only one in 20 persons report providing personal care. Men are more likely to provide transportation or do yardwork, while women are more likely to babysit. Three out of four persons living with a spouse provide support as compared to three out of five of those living with others. Nearly half of those living with a spouse provide more than one type of support while only one quarter of those living with others do.

TEXT TABLE Q.

Percent of Population 55 Years of Age and Over Providing Selected Types of Support by Sex then Living Arrangements, Canada, 1985

	Total	Male	Female	Living alone	Living with spouse	Living with others
Total providing support	70%	71%	70%	66%	74%	59%
Providing only 1 type	30%	31%	28%	33%	28%	33%
Providing >1 type	41%	40%	42%	34%	46%	26%
Financial support	55%	56%	55%	54%	58%	45%
Babysitting	23%	16%	29%	14%	27%	16%
Transportation	21%	26%	18%	17%	24%	15%
Volunteer work	15%	13%	17%	13%	17%	10% *
Housework	12%	6%	16%	12%	12%	9% *
Yardwork	11%	19%	5%	7% *	14%	7% *
Personal Care	5%	2% *	7%	5% *	5%	6% *

Persons under age 75 are twice as likely to provide more than one type of support as those age 75 and over (Table 62). However, one in five persons in the older group report providing more than one type of support. Except for financial support, the proportion of persons providing a specific type of support declines with age, with a slight decline for the 65-74 age group, and a larger one for persons age 75 and over. Fifty-three per cent of persons aged 55-64 and 75 and over provide financial support, while 60% of those between 65 and 74 do so.

Persons in better health are more likely to provide support than persons in poor health. Three quarters of those in excellent or good health report providing support, while about four out of seven persons in poor health do (Table 63).

DISCUSSION

The question of support for the elderly is important because of the potential it holds for both lowering the rate of institutionalization and enhancing quality of life in later years. While the General Social Survey provides new information related to support for the elderly, there are some limitations which should be kept in mind.

First, the survey included only the non-institutionalized population which means that caution is required in drawing conclusions about

the overall need for support of this age group. It is quite possible that many of those in institutions might be able to live independently if appropriate support were available. Second, questions about support provided and received were asked for only a limited set of specific activities. In particular, emotional support was not included. Since questions were asked only for those aged 55 and over, no comprehensive baseline data on support provided within the household exist, thus limiting the interpretation of aggregated data, for example, the total number of persons receiving support. Finally, there were no questions about satisfaction with the level of support provided for a given activity.

Nevertheless, these data describe the activities which play a major role in the everyday lives of seniors. The data confirm the traditional division of labour in the household as well as indicating the contribution which seniors continue to make to their families and communities. However, older seniors require more physical support than do younger persons. Thus as both life expectancy and the number of seniors increase, the need for support of seniors will increase as well. It will be important to identify those services which, if provided, will enable those at risk of institutionalization to remain in the community as long as possible. Analysis of GSS data¹ on the existing sources of support and the frequency with which different types of support are provided should contribute to this process.

NOTES

Report of Findings from the 1985 General Social Survey", Statistics Canada, to be released in 1988.

- ¹ Another perspective on these data is given in Stone, L.O., "Family and Friendship Ties Among Canada's Seniors: An Introductory

TABLE 56**Population 55 Years of Age and Over by Living Arrangements, by Age Group and Sex, Canada, 1985**

Age group and sex	Living arrangements							
	Total		Living alone		Living with spouse		Living with others	
	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent
	in thousands							
TOTAL POPULATION								
All Age Groups								
Both Sexes	4,783	100	990	21	3,224	67	569	12
Male	2,174	100	279	13	1,737	80	158	7
Female	2,609	100	711	27	1,486	57	412	16
55-64 Years								
Both Sexes	2,311	100	293	13	1,841	80	177	8
Male	1,109	100	101	9	942	85	66 *	6 *
Female	1,202	100	192	16	900	75	110	9
65-74 Years								
Both Sexes	1,573	100	372	24	997	63	204	13
Male	722	100	107	15	571	79	44 *	6 *
Female	851	100	265	31	426	50	160	19
75 Years and Over								
Both Sexes	900	100	326	36	385	43	189	21
Male	344	100	71 *	21 *	224	65	49 *	14 *
Female	556	100	255	46	161	29	140	25
POPULATION NOT LIVING IN APARTMENTS								
All Age Groups								
Both Sexes	3,673	100	488	13	2,742	75	443	12
Male	1,783	100	157	9	1,503	84	123	7
Female	1,889	100	331	18	1,239	66	319	17
55-64 Years								
Both Sexes	1,911	100	143	7	1,622	85	146	8
Male	956	100	49 *	5 *	852	89	55 *	6 *
Female	954	100	95	10	770	81	89	9
65-74 Years								
Both Sexes	1,165	100	201	17	816	70	148	13
Male	573	100	65 *	11 *	476	83	32 *	6 *
Female	592	100	136	23	340	57	116	20
75 Years and Over								
Both Sexes	596	100	144	24	304	51	148	25
Male	254	100	44 *	17 *	175	69	35 *	14 *
Female	343	100	100	29	130	38	113	33

TABLE 57

Population 55 Years of Age and Over Receiving Selected Types of Support by Sex, by Age Group and Type of Support, Canada, 1985

Age group and type of support	Sex					
	Both Sexes		Males		Females	
	Pop'n Receiving Support		Pop'n Receiving Support		Pop'n Receiving Support	
	Number	Per cent	Number	Per cent	Number	Per cent
in thousands						
All age groups						
Total receiving support ¹	4,049	85	1,950	90	2,098	80
Receiving 1 type ¹	777	16	101	5	675	26
Receiving >1 type ¹	3,272	68	1,849	85	1,423	55
Yardwork ²	2,498	68	829	46	1,669	88
Housework	2,771	58	1,835	84	936	36
Grocery shopping	2,894	61	1,630	75	1,264	48
Meal preparation	2,360	49	1,805	83	556	21
Managing money	965	20	411	19	555	21
Personal care	140	3	61 *	3 *	79 *	3 *
55-64 years						
Total receiving support ¹	1,986	86	1,008	91	978	81
Receiving 1 type ¹	395	17	41 *	4 *	354	29
Receiving >1 type ¹	1,591	69	967	87	624	52
Yardwork ²	1,239	65	406	42	833	87
Housework	1,241	54	944	85	297	25
Grocery shopping	1,375	59	857	77	518	43
Meal preparation	1,182	51	953	86	229	19
Managing money	433	19	197	18	236	20
Personal care	27 *	1 *	--	--	--	--
65-74 years						
Total receiving support ¹	1,306	83	648	90	657	77
Receiving 1 type ¹	245	16	38 *	5 *	206	24
Receiving >1 type ¹	1,061	67	610	84	451	53
Yardwork ²	788	68	273	48	515	87
Housework	945	60	614	85	330	39
Grocery shopping	929	59	527	73	402	47
Meal preparation	757	48	598	83	159	19
Managing money	270	17	123	17	146	17
Personal care	40 *	3 *	--	--	--	--
75 years and over						
Total receiving support ¹	757	84	295	86	462	83
Receiving 1 type ¹	137	15	--	--	115	21
Receiving >1 type ¹	620	69	273	79	347	62
Yardwork ²	472	79	151	59	321	94
Housework	585	65	277	81	308	55
Grocery shopping	590	66	245	71	344	62
Meal preparation	421	47	254	74	168	30
Managing money	262	29	90	26	172	31
Personal care	73 *	8 *	28 *	8 *	45 *	8 *

¹ 'Total Receiving Support', 'Receiving 1 Type' and 'Receiving > 1 Type' refer only to the selected types of support listed. Other types of support, e.g., emotional support are excluded.

² Excludes population living in apartments.

TABLE 58

Population 55 Years of Age and Over Receiving Selected Types of Support by Sex, by Living Arrangements and Type of Support, Canada, 1985

Living arrangements and type of support	Sex					
	Both Sexes		Males		Females	
	Pop'n Receiving Support		Pop'n Receiving Support		Pop'n Receiving Support	
	Number	Per cent	Number	Per cent	Number	Per cent
in thousands						
All Living arrangement Groups						
Total receiving support ¹	4,049	85	1,950	90	2,098	80
Receiving 1 type ¹	777	16	101	5	675	26
Receiving > 1 type ¹	3,272	68	1,849	85	1,423	55
Yardwork ²	2,498	68	829	46	1,669	88
Housework	2,771	58	1,835	84	936	36
Grocery shopping	2,894	61	1,630	75	1,264	48
Meal preparation	2,360	49	1,805	83	556	21
Managing money	965	20	411	19	555	21
Personal care	140	3	61 *	3 *	79 *	3 *
Living alone						
Total receiving support ¹	475	48	107	38	368	52
Receiving 1 type ¹	274	28	57 *	20 *	217	31
Receiving > 1 type ¹	201	20	50 *	18 *	151	21
Yardwork ²	280	57	55 *	35 *	226	68
Housework	203	21	65 *	23 *	138	19
Grocery shopping	196	20	38 *	14 *	158	22
Meal preparation	69 *	7 *	29 *	10 *	40 *	6 *
Managing money	64 *	6 *	--	--	55 *	8 *
Personal care	--	--	--	--	--	--
Living with spouse						
Total receiving support ¹	3,063	95	1,707	98	1,355	91
Receiving 1 type ¹	412	13	27 *	2 *	384	26
Receiving > 1 type ¹	2,651	82	1,680	97	971	65
Yardwork ²	1,853	68	704	47	1,149	93
Housework	2,186	68	1,654	95	532	36
Grocery shopping	2,320	72	1,491	86	829	56
Meal preparation	1,968	61	1,660	96	308	21
Managing money	803	25	385	22	418	28
Personal care	92	3	53 *	3 *	39 *	3 *
Living with others						
Total receiving support ¹	512	90	136	87	373	91
Receiving 1 type ¹	91	16	--	--	73 *	18 *
Receiving > 1 type ¹	421	74	119	76	300	73
Yardwork ²	365	82	70 *	57 *	295	92
Housework	382	67	116	74	266	65
Grocery Shopping	378	66	100	64	277	67
Meal Preparation	324	57	115	73	207	50
Managing Money	98	17	--	--	82 *	20 *
Personal Care	34 *	6 *	--	--	29 *	7 *

¹ 'Total Receiving Support', 'Receiving 1 Type' and 'Receiving > 1 Type' refer only to the selected types of support listed. Other types of support, e.g., emotional support, are excluded.

² Excludes population living in apartments.

TABLE 59
Population 55 Years of Age and Over by Ability to Carry Out Selected Activities by Sex, Age Group and Activity, Canada, 1985

Sex, age group and activity	Ability to carry out activity								
	Total	Does alone		Can do alone		Requires help/ unable		Not stated	
	Number	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent
in thousands									
Both sexes									
All age groups									
Yardwork ¹	3,673	1,103	30	1,271	35	1,196	33	103	3
Heavy housework	4,783	1,957	41	1,752	37	1,005	21	70 *	1 *
Light housework	4,783	1,957	41	2,599	54	161	3	67 *	1 *
Meal preparation	4,783	2,367	49	1,992	42	356	7	68 *	1 *
Grocery shopping	4,783	1,828	38	2,269	47	591	12	94	2
Managing money	4,783	3,757	79	466	10	203	4	357	7
Personal care	4,783	4,579	96	24 *	1 *	106	2	75 *	2 *
55-64 years									
Yardwork ¹	1,911	620	32	845	44	386	20	60 *	3 *
Heavy housework	2,311	1,016	44	1,000	43	236	10	59 *	3 *
Light housework	2,311	1,016	44	1,201	52	36 *	2 *	58 *	3 *
Meal preparation	2,311	1,075	46	1,096	47	80 *	3 *	61 *	3 *
Grocery shopping	2,311	876	38	1,253	54	107	5	74 *	3 *
Managing money	2,311	1,823	79	264	11	34 *	1 *	191	8
Personal care	2,311	2,223	96	--	--	--	--	70 *	3 *
65-74 years									
Yardwork ¹	1,165	364	31	345	30	427	37	30 *	3 *
Heavy housework	1,573	628	40	587	37	353	22	--	--
Light housework	1,573	628	40	896	57	45 *	3 *	--	--
Meal preparation	1,573	814	52	634	40	120	8	--	--
Grocery shopping	1,573	643	41	735	47	188	12	--	--
Managing money	1,573	1,302	83	140	9	61 *	4 *	70 *	4 *
Personal care	1,573	1,531	97	--	--	35 *	2 *	--	--
75 years and over									
Yardwork ¹	596	119	20	81 *	14 *	383	64	--	--
Heavy housework	900	313	35	164	18	416	46	--	--
Light housework	900	313	35	502	56	79 *	9 *	--	--
Meal preparation	900	478	53	262	29	157	17	--	--
Grocery shopping	900	309	34	282	31	296	33	--	--
Managing money	900	633	70	63 *	7 *	108	12	96	11
Personal care	900	826	92	--	--	59 *	7 *	--	--

See footnote(s) at end of table.

TABLE 59
Population 55 Years of Age and Over by Ability to Carry Out Selected Activities by Sex, Age Group and Activity, Canada, 1985 – Continued

Sex, age group and activity	Ability to carry out activity								
	Total	Does alone		Can do alone		Requires help/ unable		Not stated	
	Number	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent
in thousands									
Male									
All age groups									
Yardwork ¹	1,783	916	51	491	28	327	18	50 *	3 *
Heavy housework	2,174	315	14	1,388	64	439	20	33 *	2 *
Light housework	2,174	315	14	1,757	81	72 *	3 *	31 *	1 *
Meal preparation	2,174	344	16	1,572	72	228	10	32 *	1 *
Grocery shopping	2,174	514	24	1,434	66	176	8	50 *	2 *
Managing money	2,174	1,738	80	266	12	59 *	3 *	112	5
Personal care	2,174	2,086	96	--	--	36 *	2 *	37 *	2 *
55-64 years									
Yardwork ¹	956	526	55	282	29	121	13	27 *	3 *
Heavy housework	1,109	141	13	803	72	138	12	28 *	3 *
Light housework	1,109	141	13	925	83	--	--	28 *	3 *
Meal preparation	1,109	131	12	893	81	57 *	5 *	28 *	3 *
Grocery shopping	1,109	223	20	811	73	34 *	3 *	41 *	4 *
Managing money	1,109	887	80	148	13	--	--	62 *	6 *
Personal care	1,109	1,069	96	--	--	--	--	33 *	3 *
65-74 years									
Yardwork ¹	573	292	51	163	28	104	18	--	--
Heavy housework	722	107	15	457	63	155	21	--	--
Light housework	722	107	15	590	82	--	--	--	--
Meal preparation	722	122	17	509	71	87	12	--	--
Grocery shopping	722	194	27	459	64	64 *	9 *	--	--
Managing money	722	598	83	84 *	12 *	--	--	--	--
Personal care	722	701	97	--	--	--	--	--	--
75 years and over									
Yardwork ¹	254	98	39	46 *	18 *	101	40	--	--
Heavy housework	344	67 *	19 *	128	37	147	43	--	--
Light housework	344	67 *	19 *	241	70	34 *	10 *	--	--
Meal preparation	344	90	26	169	49	84 *	24 *	--	--
Grocery shopping	344	98	28	164	48	78 *	23 *	--	--
Managing money	344	253	74	34 *	10 *	28 *	8 *	29 *	9 *
Personal care	344	315	92	--	--	--	--	--	--

See footnote(s) at end of table.

TABLE 59

Population 55 Years of Age and Over by Ability to Carry Out Selected Activities by Sex, Age Group and Activity, Canada, 1985 - Concluded

Sex, age group and activity	Ability to carry out activity									
	Total		Does alone		Can do alone		Requires help/ unable		Not stated	
	Number	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	
	in thousands									
Female										
All age groups										
Yardwork ¹	1,889	187	10	781	41	868	46	53 *	3 *	
Heavy housework	2,609	1,642	63	364	14	566	22	37 *	1 *	
Light housework	2,609	1,642	63	842	32	90	3	36 *	1 *	
Meal preparation	2,609	2,023	78	420	16	129	5	37 *	1 *	
Grocery shopping	2,609	1,314	50	835	32	416	16	44 *	2 *	
Managing money	2,609	2,019	77	200	8	145	6	245	9	
Personal care	2,609	2,494	96	--	--	69 *	3 *	38 *	1 *	
55-64 years										
Yardwork ¹	954	94	10	563	59	263	27	33 *	3 *	
Heavy housework	1,202	875	73	197	16	99	8	31 *	3 *	
Light housework	1,202	875	73	276	23	--	--	30 *	2 *	
Meal preparation	1,202	943	78	203	17	23 *	2 *	33 *	3 *	
Grocery shopping	1,202	654	54	442	37	73 *	6 *	33 *	3 *	
Managing money	1,202	935	78	115	10	--	--	129	11	
Personal care	1,202	1,153	96	--	--	--	--	37 *	3 *	
65-74 years										
Yardwork ¹	592	71 *	12 *	183	31	322	54	--	--	
Heavy housework	851	520	61	130	15	198	23	--	--	
Light housework	851	520	61	305	36	23 *	3 *	--	--	
Meal preparation	851	692	81	125	15	33 *	4 *	--	--	
Grocery shopping	851	449	53	276	32	124	15	--	--	
Managing money	851	704	83	56 *	7 *	42 *	5 *	49 *	6 *	
Personal care	851	829	97	--	--	--	--	--	--	
75 years and over										
Yardwork ¹	343	--	--	35 *	10 *	282	82	--	--	
Heavy housework	556	246	44	37 *	7 *	270	49	--	--	
Light housework	556	246	44	261	47	46 *	8 *	--	--	
Meal preparation	556	388	70	92	17	74 *	13 *	--	--	
Grocery shopping	556	211	38	117	21	219	39	--	--	
Managing money	556	380	68	29 *	5 *	80 *	14 *	67 *	12 *	
Personal care	556	511	92	--	--	40 *	7 *	--	--	

¹ Excludes population living in apartments.

TABLE 60

Population 55 Years of Age and Over by Ability to Carry Out Selected Activities, by Sex, Living Arrangements and Activity, Canada, 1985

Sex, living arrangements and activity	Ability to carry out activity								
	Total	Does alone		Can do alone		Requires help/ unable		Not stated	
	Number	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent
in thousands									
Both sexes									
Total – All living arrangement groups									
Yardwork ¹	3,673	1,103	30	1,271	35	1,196	33	103	3
Heavy housework	4,783	1,957	41	1,752	37	1,005	21	69 *	1 *
Light housework	4,783	1,957	41	2,599	54	161	3 *	66 *	1 *
Meal preparation	4,783	2,367	49	1,992	42	356	7	68 *	1 *
Grocery shopping	4,783	1,828	38	2,269	47	591	12	95	2
Managing money	4,783	3,757	79	466	10	203	4	357	8
Personal care	4,783	4,579	96	24 *	1 *	106	2 *	74 *	2 *
Living alone									
Yardwork ¹	488	202	41	87	18	190	39	--	--
Heavy housework	990	783	79	44 *	4 *	159	16	--	--
Light housework	990	783	79	182	18	--	--	--	--
Meal preparation	990	918	93	47 *	5 *	--	--	--	--
Grocery shopping	990	789	80	78 *	8 *	110	11	--	--
Managing money	990	917	93	--	--	32 *	4 *	31 *	3 *
Personal care	990	971	98	--	--	--	--	--	--
Living with spouse									
Yardwork ¹	2,742	834	30	1,052	38	780	28	76 *	3 *
Heavy housework	3,224	995	31	1,547	48	629	20	53 *	2 *
Light housework	3,224	995	31	2,085	65	94	3	50 *	2 *
Meal preparation	3,224	1,212	38	1,704	53	256	8	52 *	2 *
Grocery shopping	3,224	857	27	1,955	61	344	11	68 *	2 *
Managing money	3,224	2,378	74	439	14	111	3	296	9
Personal care	3,224	3,081	96	--	--	62 *	2 *	60 *	2 *
Living with others (no spouse present)									
Yardwork ¹	443	67 *	15 *	133	30	225	51	--	--
Heavy housework	570	179	31	161	28	217	38	--	--
Light housework	570	179	31	332	58	48 *	9 *	--	--
Meal preparation	570	237	42	242	42	81 *	14 *	--	--
Grocery shopping	570	183	32	236	41	137	24	--	--
Managing money	570	462	81	--	--	60 *	11 *	30 *	5 *
Personal care	570	528	93	--	--	32 *	6 *	--	--

See footnote(s) at end of table.

TABLE 60
Population 55 Years of Age and Over by Ability to Carry Out Selected Activities, by Sex, Living Arrangements and Activity, Canada, 1985 – Continued

Sex, living arrangements and activity	Ability to carry out activity								
	Total	Does alone		Can do alone		Requires help/ unable		Not stated	
	Number	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent
in thousands									
Male									
Total – All living arrangement groups									
Yardwork ¹	1,783	916	51	491	28	327	18	49 *	3 *
Heavy housework	2,174	315	14	1,388	64	439	20	32 *	2 *
Light housework	2,174	315	14	1,757	81	72 *	3 *	30 *	1 *
Meal preparation	2,174	344	16	1,572	72	228	11	32 *	1 *
Grocery shopping	2,174	514	24	1,434	66	176	8	50 *	2 *
Managing money	2,174	1,738	80	266	12	59 *	3 *	111	5
Personal care	2,174	2,086	96	--	--	36 *	2 *	37 *	2 *
Living alone									
Yardwork ¹	157	97	62	--	--	33 *	21 *	--	--
Heavy housework	279	211	76	23 *	8 *	42 *	15 *	--	--
Light housework	279	211	76	57 *	20 *	--	--	--	--
Meal preparation	279	247	89	--	--	--	--	--	--
Grocery shopping	279	237	85	--	--	--	--	--	--
Managing money	279	266	95	--	--	--	--	--	--
Personal care	279	271	97	--	--	--	--	--	--
Living with spouse									
Yardwork ¹	1503	767	51	423	28	272	18	41 *	3 *
Heavy housework	1737	62 *	4 *	1,281	74	367	21	27 *	2 *
Light housework	1737	62 *	4 *	1,596	92	54 *	3 *	26 *	2 *
Meal preparation	1737	55 *	3 *	1,460	84	196	11	26 *	2 *
Grocery shopping	1737	221	13	1,332	77	145	8	39 *	3 *
Managing money	1737	1,330	77	261	15	45 *	3 *	100	6
Personal care	1737	1,662	96	--	--	28 *	2 *	32 *	2 *
Living with others (no spouse present)									
Yardwork ¹	123	51 *	41 *	46 *	37 *	--	--	--	--
Heavy housework	157	42 *	27 *	84 *	54 *	30 *	19 *	--	--
Light housework	157	42 *	27 *	104	66	--	--	--	--
Meal preparation	157	42 *	27 *	93	59	--	--	--	--
Grocery shopping	157	57 *	36 *	86	55	--	--	--	--
Managing money	157	141	90	--	--	--	--	--	--
Personal care	157	153	97	--	--	--	--	--	--

See footnote(s) at end of table.

TABLE 60

Population 55 Years of Age and Over by Ability to Carry Out Selected Activities, by Sex, Living Arrangements and Activity, Canada, 1985 – Concluded

Sex, living arrangements and activity	Ability to carry out activity									
	Total		Does alone		Can do alone		Requires help/ unable		Not stated	
	Number	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	
in thousands										
Females										
Total – All living arrangement groups										
Yardwork ¹	1,889	187	10	781	41	868	46	53 *	3 *	
Heavy housework	2,609	1,642	63	364	14	566	22	37 *	1 *	
Light housework	2,609	1,642	63	842	32	90	3	35 *	1 *	
Meal preparation	2,609	2,023	78	420	16	129	5	37 *	1 *	
Grocery shopping	2,609	1,314	50	835	32	416	16	44 *	2 *	
Managing money	2,609	2,019	77	200	8	145	6	245	9	
Personal care	2,609	2,494	96	--	--	69 *	2 *	38 *	1 *	
Living alone										
Yardwork ¹	331	105	32	66 *	20 *	158	48	--	--	
Heavy housework	711	572	80	--	--	117	17	--	--	
Light housework	711	572	80	125	18	--	--	--	--	
Meal preparation	711	671	94	28 *	4 *	--	--	--	--	
Grocery shopping	711	552	78	62 *	9 *	91	13	--	--	
Managing money	711	651	92	--	--	28 *	4 *	--	--	
Personal care	711	701	99	--	--	--	--	--	--	
Living with spouse										
Yardwork ¹	1239	67 *	5 *	629	51	508	41	35 *	3 *	
Heavy housework	1486	934	63	266	18	262	18	24 *	2 *	
Light housework	1486	934	63	489	33	41 *	3 *	23 *	2 *	
Meal preparation	1486	1,157	78	244	16	60 *	4 *	25 *	2 *	
Grocery shopping	1486	636	43	623	42	198	13	29 *	2 *	
Managing money	1486	1,047	70	177	12	66 *	4 *	196	13	
Personal care	1486	1,420	96	--	--	33 *	2 *	27 *	2 *	
Living with others (no spouse present)										
Yardwork ¹	319	--	--	87	27	203	64	--	--	
Heavy housework	411	137	33	77 *	19 *	187	46	--	--	
Light housework	411	137	33	228	55	38 *	9 *	--	--	
Meal preparation	411	195	47	148	36	60 *	15 *	--	--	
Grocery shopping	411	125	30	150	36	126	31	--	--	
Managing money	411	321	78	--	--	52 *	13 *	27 *	7 *	
Personal care	411	374	91	--	--	28 *	7 *	--	--	

¹ Excludes population living in apartments.

TABLE 61
Population 55 Years of Age and Over by Ability to Carry Out Selected Activities by Self-Rated Health Status and Activity, Canada, 1985

Self-rated health status and activity	Ability to carry out activity									
	Total		Does alone		Can do alone		Requires help/ unable		Not stated	
	Number	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	
in thousands										
Total – Self-rated health status ¹										
Yardwork ²	3,673	1,103	30	1,271	35	1,196	33	103	3	
Heavy housework	4,783	1,957	41	1,752	37	1,005	21	69 *	1 *	
Light housework	4,783	1,957	41	2,599	54	161	3	66 *	1 *	
Meal preparation	4,783	2,367	49	1,992	42	356	7	68 *	1 *	
Grocery shopping	4,783	1,828	38	2,269	47	591	12	95	2	
Managing money	4,783	3,757	79	466	10	203	4	357	8	
Personal care	4,783	4,579	96	24 *	1 *	106	2	74 *	2 *	
Excellent										
Yardwork ²	895	344	38	405	45	117	13	29 *	3 *	
Heavy housework	1,135	515	45	537	47	61 *	5 *	23 *	2 *	
Light housework	1,135	515	45	596	53	--	--	24 *	2 *	
Meal preparation	1,135	557	49	524	46	30 *	3 *	24 *	2 *	
Grocery shopping	1,135	485	43	582	51	39 *	3 *	29 *	3 *	
Managing money	1,135	907	80	125	11	--	--	80 *	7 *	
Personal care	1,135	1,102	97	--	--	--	--	29 *	3 *	
Good										
Yardwork ²	1,598	499	31	648	41	401	25	50 *	3 *	
Heavy housework	2,068	894	43	865	42	276	13	33 *	2 *	
Light housework	2,068	894	43	1,115	54	28 *	1 *	31 *	2 *	
Meal preparation	2,068	1,046	51	901	44	86	4	34 *	2 *	
Grocery shopping	2,068	838	41	1,064	51	132	6	34 *	2 *	
Managing money	2,068	1,691	82	209	10	50 *	2 *	119	6	
Personal care	2,068	2,004	97	--	--	--	--	33 *	2 *	
Fair										
Yardwork ²	880	215	24	187	21	463	53	--	--	
Heavy housework	1,175	470	40	299	25	399	34	--	--	
Light housework	1,175	470	40	648	55	50 *	4 *	--	--	
Meal preparation	1,175	610	52	430	37	134	11	--	--	
Grocery shopping	1,175	419	36	494	42	248	21	--	--	
Managing money	1,175	895	76	109	9	79 *	7 *	92	8	
Personal care	1,175	1,120	95	--	--	36 *	3 *	--	--	
Poor										
Yardwork ²	293	37 *	13 *	30 *	10 *	214	73 *	--	--	
Heavy housework	390	76 *	19 *	47 *	12 *	262	67 *	--	--	
Light housework	390	76 *	19 *	234	60	76 *	20 *	--	--	
Meal preparation	390	151	39	130	33	101	26 *	--	--	
Grocery shopping	390	84 *	22 *	124	32	168	43 *	--	--	
Managing money	390	258	66	--	--	48 *	12 *	65 *	17 *	
Personal care	390	345	88	--	--	41 *	10 *	--	--	

¹ Total includes a not stated category for self-rated health status variable.

² Excludes population living in apartments.

TABLE 62

Population 55 Years of Age and Over Providing Selected Types of Support by Age Group, by Sex and Type of Support, Canada, 1985

Sex and type of support	Age group							
	Total		55-64 years		65-74 years		75 years and over	
	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent
in thousands								
Both sexes								
Total population	4,783	100	2,311	100	1,573	100	900	100
Providing only 1 type ¹	1,414	30	596	26	488	31	330	37
Providing >1 type ¹	1,957	41	1,102	48	665	42	191	21
Financial support	2,651	55	1,229	53	948	60	474	53
Babysitting	1,092	23	708	31	335	21	49 *	5 *
Transportation	1,017	21	605	26	331	21	81 *	9 *
Volunteer work	737	15	427	18	238	15	72 *	8 *
Housework	559	12	338	15	175	11	46 *	5 *
Yardwork ²	550	11	314	14	194	12	42 *	5 *
Personal care	229	5	160	7	51 *	3 *	--	--
Males								
Total population	2,174	100	1,109	100	722	100	344	100
Providing only 1 type ¹	675	31	313	28	230	32	132	38
Providing >1 type ¹	866	40	466	42	324	45	75 *	22 *
Financial support	1,217	56	568	51	460	64	189	55
Babysitting	346	16	209	19	123	17	--	--
Transportation	555	26	323	29	189	26	43 *	13 *
Volunteer work	285	13	166	15	105	15	--	--
Housework	141	6	91	8	43 *	6 *	--	--
Yardwork ²	407	19	224	20	146	20	37 *	11 *
Personal care	35 *	2 *	23 *	2 *	--	--	--	--
Females								
Total population	2,609	100	1,202	100	851	100	556	100
Providing only 1 type ¹	739	28	283	24	258	30	198	36
Providing >1 type ¹	1,091	42	635	53	341	40	116	21
Financial support	1,433	55	661	55	487	57	285	51
Babysitting	746	29	499	42	212	25	35 *	6 *
Transportation	462	18	282	23	141	17	39 *	7 *
Volunteer work	452	17	262	22	132	16	58 *	10 *
Housework	418	16	247	21	133	16	39 *	7 *
Yardwork ²	143	5	90	7	47 *	6 *	--	--
Personal care	194	7	138	11	41 *	5 *	--	--

¹ 'Providing Only 1 Type' and 'Providing >1 Type' refer only to the selected types of support listed. Other types of support, e.g., emotional support, are excluded.

² Excludes population living in apartments.

TABLE 63

Population 55 Years of Age and Over Providing Selected Types of Support by Self-Rated Health Status by Age Group and Type of Support, Canada, 1985

Age group and type of support	Self-rated health status											
	Total		Excellent		Good		Fair		Poor		Not stated	
	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent	Num- ber	Per cent
in thousands												
All age groups												
Total population	4,783	100	1,135	100	2,068	100	1,175	100	390	100	--	--
Providing only 1 type ¹	1,414	30	293	26	615	30	364	31	136	35	--	--
Providing >1 type ¹	1,957	41	589	52	928	45	352	30	85 *	22 *	--	--
Financial support	2,651	55	698	61	1,201	58	574	49	169	43	--	--
Babysitting	1,092	23	314	28	505	24	226	19	46 *	12 *	--	--
Transportation	1,017	21	284	25	514	25	170	14	49 *	13 *	--	--
Volunteer work	737	15	280	25	330	16	83 *	7 *	41 *	11 *	--	--
Housework	559	12	154	14	287	14	97	8	--	--	--	--
Yardwork ²	550	11	167	15	285	14	85 *	7 *	--	--	--	--
Personal care	229	5	71 *	6 *	108	5	29 *	2 *	--	--	--	--
55-64 years												
Total population	2,311	100	658	100	1,012	100	461	100	170	100	--	--
Providing only 1 type ¹	596	26	165	25	245	24	121	26	63 *	37 *	--	--
Providing >1 type ¹	1,102	48	356	54	535	53	170	37	39 *	23 *	--	--
Financial support	1,229	53	398	60	560	55	207	45	60 *	35 *	--	--
Babysitting	708	31	205	31	331	33	139	30	32 *	19 *	--	--
Transportation	605	26	184	28	315	31	80 *	17 *	26 *	15 *	--	--
Volunteer work	427	18	186	28	190	19	32 *	7 *	--	--	--	--
Housework	338	15	86	13	195	19	41 *	9 *	--	--	--	--
Yardwork ²	314	14	100	15	166	16	40 *	9 *	--	--	--	--
Personal care	160	7	52 *	8 *	83 *	8 *	--	--	--	--	--	--
65-74 years												
Total population	1,573	100	342	100	679	100	431	100	116	100	--	--
Providing only 1 type ¹	488	31	90	26	204	30	152	35	38 *	33 *	--	--
Providing >1 type ¹	665	42	185	54	315	46	143	33	--	--	--	--
Financial support	948	60	224	65	422	62	245	57	52 *	45 *	--	--
Babysitting	335	21	92	27	157	23	76 *	18 *	--	--	--	--
Transportation	331	21	83 *	24 *	161	24	71 *	16 *	--	--	--	--
Volunteer work	238	15	79 *	23 *	113	17	40 *	9 *	--	--	--	--
Housework	175	11	54 *	16 *	71 *	10 *	46 *	11 *	--	--	--	--
Yardwork ²	194	12	54 *	16 *	96	14	39 *	9 *	--	--	--	--
Personal care	51 *	3 *	--	--	24 *	4 *	--	--	--	--	--	--
75 years and over												
Total population	900	100	135	100	376	100	284	100	104	100	--	--
Providing only 1 type ¹	330	37	38 *	28 *	166	44	91	32	35 *	34 *	--	--
Providing >1 type ¹	191	21	49 *	36 *	77 *	20 *	40 *	14 *	25 *	24 *	--	--
Financial support	474	53	76 *	56 *	219	58	122	43	57 *	55 *	--	--
Babysitting	49 *	5 *	--	--	--	--	--	--	--	--	--	--
Transportation	81 *	9 *	--	--	38 *	10 *	--	--	--	--	--	--
Volunteer work	72 *	8 *	--	--	27 *	7 *	--	--	--	--	--	--
Housework	46 *	5 *	--	--	--	--	--	--	--	--	--	--
Yardwork ²	42 *	5 *	--	--	23 *	6 *	--	--	--	--	--	--
Personal care	--	--	--	--	--	--	--	--	--	--	--	--

¹ 'Providing Only 1 Type' and 'Providing >1 Type' refer only to the selected types of support listed. 'Other types of support, e.g., emotional support, are excluded.

² Excludes population living in apartments.

4.2 SOCIAL PARTICIPATION OF OLDER CANADIANS

HIGHLIGHTS

- Seniors who have many social activities report being happier and healthier than those with few activities, even when compared to those of similar health status.
- Nearly three quarters of seniors in Quebec and two thirds of those in the Atlantic region report going to church at least once a month, compared to less than one third in British Columbia. The most popular activity in the other regions is going to movies, restaurants or sports events.

METHODS

Questions on social activities were asked in Section K (#76a – #76e) of the questionnaire and a question on frequency of church attendance was asked in Section O (#140). In Section K, respondents were asked how many times in the past month they participated in social activities outside their home. The list of activities included going out to restaurants, movies, theatre or sports events; trips out of town; going out to activities such as bingo or playing cards, or attending a course; visits to senior centres; and attending meetings of clubs or organizations. For the first three activities the respondent was also asked who accompanied them.

The summary variable 'number of activities in the past month' is calculated by adding the number of times the respondent reports doing each of the activities in Section K, plus one if the respondent reports attending church at least once a month, or plus four if he or she attends at least once a week. If any component is not reported, an 'unknown' value is assigned. For analysis purposes, number of activities has been grouped roughly into quintiles and the three middle quintiles combined. Thus the tables show the

following categories: 'few' (zero to three activities in the past month), 'some' (four to six), and 'many' (seven and over).

RESULTS

Nearly one in four Canadians aged 55 and over who live alone report having many social activities as compared with one in twelve of those living with others (excluding their spouse). Of those who participate in many activities, both sexes are likely to be living with a spouse; this is especially true of men (Table 64).

With respect to age, 19% of those aged 55 to 64 report many activities, a proportion which increases to 27% for those aged 65 to 74 and then drops to 14% for the oldest age group. The proportion with few activities remains stable at 19% for ages 55 to 64 and 65 to 74 and then increases to 34% for persons aged 75 and over. Thirty-seven percent of men in this age group report few activities as compared with 32% of women. Although the numbers are small and have high sampling variability, it is worth noting that three out of five men aged 75 and over who live with others report few activities, the highest proportion for any age-sex-living arrangements group.

Relationship to Self-Rated Health Status, Happiness and Satisfaction

Over three-quarters of Canadians classified as having many social activities report themselves as being in excellent or good health as compared with about one-half of persons with few activities. This is true even for persons aged 75 and over (data by age not shown).

As shown in Text Tables R and S, the same patterns can be seen with respect to happiness and satisfaction. Over half of persons with many activities report being very happy as compared with only one-third of persons with few activities. Sixty percent of active people report being very satisfied, with only three percent reporting any dissatisfaction. This compares with 35% very satisfied and 17% dissatisfied for persons with few activities. There are no notable differences by sex.

TEXT TABLE R.

Population 55 Years of Age and Over by Number of Social Activities in Past Month and Reported Happiness, Canada 1985

No. of activities	Very happy	Somewhat happy	Somewhat unhappy/ very unhappy
Few (0-3)	33%	52%	14%
Some (4-6)	46%	49%	4%
Many (7 and over)	56%	42%	--

TEXT TABLE S.

Population 55 Years of Age and Over by Number of Social Activities in Past Month and Satisfaction, Canada, 1985

No. of activities	Very satisfied	Somewhat satisfied	Somewhat/very dissatisfied
Few (0-3)	35%	46%	17%
Some (4-6)	45%	47%	6%
Many (7 and over)	60%	37%	3% *

Because of the possible effect of health status on both happiness and activity, the relationship among number of social activities, happiness and self-rated health status was examined. The pattern is the same within health status groups – socially active people are happier. For example, of persons in fair/poor health, 43% of active people are very happy as compared with 21% of inactive.

Types of Social Activities

Text Table T and Table 66 show the distribution of persons aged 55 and over participating in each of several selected social activities. Going to movies, restaurants, theatre and sports events, out of town travel and going to church are activities which over half the older population engaged in during the previous month. Visiting a senior centre was the least likely activity, done by only 16% of the population.

TEXT TABLE T.

Population 55 Years of Age and Over by Type of Social Activity in Past Month, by Sex, then Age, Canada 1985

	Total	By sex		By age		
		Male	Female	55-64	65-74	75 and over
Pop'n 55 and over('000)	4,783	2,174	2,609	2,311	1,573	900
No activities reported	8%	9%	7%	6%	7%	15%
One type of activity	18%	20%	17%	17%	16%	26%
> 1 type of activity	71%	69%	73%	74%	75%	58%
Movies, restaurants	63%	61%	65%	67%	67%	49%
Travel out of town	60%	60%	60%	62%	66%	44%
Church	56%	52%	60%	58%	55%	53%
Clubs, meetings	28%	26%	30%	31%	26%	22%
Bingo, cards, courses	24%	18%	28%	23%	26%	21%
Senior centres	16%	13%	18%	13%	18%	19%

More women than men took part in each type of activity, except for travel out of town, for which the proportions are the same. The ranking of activities remains the same for ages 55 to 64 and 65 to 74. However, church is the most popular activity for those 75 and over and is the only activity reported by a majority of the population in this age group.

About three-quarters of younger seniors participated in more than one type of activity, whereas only 58% of those aged 75 and over did. The proportion of seniors not participating in any of the selected activities increases substantially with age. About twice as many seniors aged 75

and over reported no activities as compared with the 65 to 74 year old group.

As shown in Text Table U, there are strong regional differences in the levels of participation in different activities. Nearly three quarters of seniors in Quebec and two thirds of those in the Atlantic region report going to church in the previous month, compared to less than one third in British Columbia. Less than half the population in the Atlantic provinces went out to movies, restaurants, theatre or sports events while nearly three quarters of those in B.C. did. Twenty percent of seniors in Quebec visited a seniors centre while only 12% of those in the Atlantic region did so.

TEXT TABLE U.

Population 55 Years of Age and Over by Type of Social Activity in Past Month, by Region, Canada, 1985

	Atlantic	Quebec	Ontario	Prairies	British Columbia
Pop'n 55 and over('000)	418	1,197	1,799	772	598
No activities reported	9%	8%	8%	8%	9%
One type of activity	19%	20%	18%	18%	15%
> 1 type of activity	68%	70%	72%	72%	74%
Movies, restaurants	46%	58%	67%	66%	73%
Travel out of town	63%	47%	64%	63%	66%
Church	66%	74%	52%	50%	32%
Clubs, meetings	27%	21%	29%	29%	36%
Bingo, cards, courses	23%	24%	22%	27%	23%
Senior centres	12%	20%	14%	17%	15%

DISCUSSION

Participation in social activities is an important indicator of potential well-being for seniors, as there is evidence that health declines with social isolation.^{1,2} However, the GSS data are limited in that the respondent was asked about a set of specific activities done only outside the home. The list did not include any measure of socializing done at home or visits to family and friends. Thus the senior population may be more active than indicated here.

Because of the cross-sectional nature of these data causality cannot be determined. Nevertheless, the results here confirm other work which indicates that happiness, health and social activity are positively related. Moreover, it is clear that social activity and happiness are not associated simply because each is correlated with health status. Further analysis could examine related factors, such as who accompanied the respondent, contact with others and the respondent's physical mobility.

NOTES

- ¹ Berkman, L.F. and Breslow, L. Health and Ways of Living: The Alameda County Study. New York: Oxford University Press, 1983.
- ² Berkman, L.F. and Syme, S. L. Social networks, host resistance and mortality: a nine-year follow-up study of Alameda County residents. American J. Epidemiology, 1979; 109: 186-204.

TABLE 64

Population 55 Years of Age and Over by Age Group and Sex, by Living Arrangements and Number of Social Activities in the Month Prior to the Survey, Canada, 1985

Living arrangements and no. of social activities		Age groups											
		All age groups			55-64 years			65-74 years			75 years and over		
		Both Sexes	Male	Female	Both sexes	Male	Female	Both Sexes	Male	Female	Both sexes	Male	Female
		in thousands											
All living arrangement groups													
Total – No. of activities	No.	4,783	2,174	2,609	2,311	1,109	1,202	1,573	722	851	900	344	556
	%	100	100	100	100	100	100	100	100	100	100	100	100
Few (0-3)	No.	1,035	488	547	429	217	212	302	143	159	303	128	175
	%	22	22	21	19	20	18	19	20	19	34	37	32
Some (4-6)	No.	2,633	1,217	1,416	1,343	668	675	831	391	440	459	158	301
	%	55	56	54	58	60	56	53	54	52	51	46	54
Many (7 +)	No.	997	416	581	447	183	264	421	181	239	129	51 *	78 *
	%	21	19	22	19	17	22	27	25	28	14	15 *	14 *
Not Stated	No.	118	53 *	65 *	91	41 *	51 *	--	--	--	--	--	--
	%	2	2 *	3 *	4	4 *	4 *	--	--	--	--	--	--
Living alone													
Total – No. of activities	No.	990	279	711	293	101	192	372	107	265	326	71 *	255
	%	100	100	100	100	100	100	100	100	100	100	100 *	100
Few (0-3)	No.	225	76 *	149	71 *	30 *	41 *	61 *	--	38 *	93	24 *	69 *
	%	23	27 *	21	24 *	29 *	21 *	16 *	--	14 *	29	33 *	27 *
Some (4-6)	No.	509	124	385	161	46 *	116	172	43 *	129	175	34 *	141
	%	51	44	54	55	45 *	60	46	41 *	49	54	49 *	55
Many (7 +)	No.	240	75 *	165	52 *	--	30 *	133	41 *	92	56 *	--	43 *
	%	24	27 *	23	18 *	--	16 *	36	38 *	35	17 *	--	17 *
Not Stated	No.	--	--	--	--	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--	--	--	--	--
Living with spouse or partner													
Total – No. of activities	No.	3,224	1,737	1,486	1,841	942	900	997	571	426	385	224	161
	%	100	100	100	100	100	100	100	100	100	100	100	100
Few (0-3)	No.	655	363	293	334	179	156	195	109	86	126	75 *	51 *
	%	20	21	20	18	19	17	20	19	20	33	33 *	32 *
Some (4-6)	No.	1,810	1,006	804	1,069	572	496	549	324	225	193	110	83 *
	%	56	58	54	58	61	55	55	57	53	50	49	52 *
Many (7 +)	No.	674	323	351	365	155	211	247	134	114	61 *	35 *	27 *
	%	21	19	24	20	16	23	25	23	27	16 *	16 *	17 *
Not Stated	No.	83 *	46 *	38 *	73 *	36 *	37 *	--	--	--	--	--	--
	%	3 *	3 *	3 *	4 *	4 *	4 *	--	--	--	--	--	--

TABLE 64

Population 55 Years of Age and Over by Age Group and Sex, by Living Arrangements and Number of Social Activities in the Month Prior to the Survey, Canada, 1985 – Concluded

Living arrangements and no. of social activities		Age groups											
		All age groups			55-64 years			65-74 years			75 Years and over		
		Both sexes	Male	Female	Both sexes	Male	Female	Both Sexes	Male	Female	Both sexes	Male	Female
		in thousands											
Living with others													
Total – no. of activities	No.	570	158	412	177	66 *	111	204	43 *	161	189	49 *	141
	%	100	100	100	100	100 *	100	100	100 *	100	100	100 *	100
Few (0-3)	No.	155	50 *	105	24 *	--	--	46 *	--	35 *	84 *	29 *	55 *
	%	27	32 *	25	14 *	--	--	23 *	--	22 *	45 *	60 *	39 *
Some (4-6)	No.	314	87	226	113	50 *	63 *	110	23 *	87	91	--	76 *
	%	55	55	55	64	75 *	57 *	54	54 *	54	48	--	54 *
Many (7 +)	No.	83 *	--	65 *	30 *	--	23 *	41 *	--	34 *	--	--	--
	%	15 *	--	16 *	17 *	--	21 *	20 *	--	21 *	--	--	--
Not Stated	No.	--	--	--	--	--	--	--	--	--	--	--	--
	%	--	--	--	--	--	--	--	--	--	--	--	--

TABLE 65

Population 55 Years of Age and Over by Reported Happiness, by Self-Rated Health Status and No. of Social Activities in the Month Prior to the Survey, Canada, 1985

Self-rated health status and no. of activities		Reported happiness				
		Total	Very happy	Somewhat happy	Somewhat unhappy or very unhappy	Not stated
in thousands						
Total – Self-rated health status						
Total – no. of activities	No.	4,783	2,157	2,308	280	38 *
	%	100	45	48	6	1 *
Few (0-3)	No.	1,035	344	534	145	--
	%	100	33	52	14	--
Some (4-6)	No.	2,633	1,217	1,298	101	--
	%	100	46	49	4	--
Many (7 +)	No.	997	558	419	--	--
	%	100	56	42	--	--
Not Stated	No.	118	38 *	56 *	--	--
	%	100	32 *	48 *	--	--
Excellent/good						
Total – no. of activities	No.	3,203	1,731	1,378	71 *	24 *
	%	100	54	43	2 *	1 *
Few (0-3)	No.	535	238	265	27 *	--
	%	100	45	49	5 *	--
Some (4-6)	No.	1,794	997	760	26 *	--
	%	100	56	42	1 *	--
Many (7 +)	No.	778	465	305	--	--
	%	100	60	39	--	--
Not Stated	No.	97	31 *	49 *	--	--
	%	100	31 *	51 *	--	--
Fair/poor						
Total – no. of activities	No.	1,566	422	925	210	--
	%	100	27	59	13	--
Few (0-3)	No.	494	106	270	117	--
	%	100	21	55	24	--
Some (4-6)	No.	833	216	536	75 *	--
	%	100	26	64	9 *	--
Many (7 +)	No.	217	93	112	--	--
	%	100	43	52	--	--
Not Stated	No.	--	--	--	--	--
	%	--	--	--	--	--
Not stated						
Total – no. of activities	No.	--	--	--	--	--
	%	--	--	--	--	--
Few (0-3)	No.	--	--	--	--	--
	%	--	--	--	--	--
Some (4-6)	No.	--	--	--	--	--
	%	--	--	--	--	--
Many (7 +)	Many	--	--	--	--	--
	%	--	--	--	--	--

TABLE 66
Population 55 Years of Age and Over by Type of Social Activity in the Month Prior to the Survey¹, by Age Group, by Sex and Living Arrangements, Canada, 1985

Age group, sex and living arrangements		Type of Social Activity										
		Population 55 +	Movies	Travel out of town	Senior centres	Clubs/ meeting	Bingo/ cards/ course	Church ¹	One type of activity reported	More than one type of activity	No activity reported	Not stated
in thousands												
All Age Groups												
Both sexes												
All living arrangement groups												
	No.	4,783	3,036	2,862	751	1,332	1,126	2,682	874	3,407	384	118
	%	100	63	60	16	28	24	56	18	71	8	2
Living alone												
	No.	990	628	523	216	260	319	532	172	716	85 *	--
	%	100	63	53	22	26	32	54	17	72	9 *	--
Living with spouse												
	No.	3,224	2,113	2,067	472	946	711	1,830	551	2,361	228	83 *
	%	100	66	64	15	29	22	57	17	73	7	3 *
Living with others												
	No.	570	295	271	63 *	125	96	321	151	330	71 *	--
	%	100	52	48	11 *	22	17	56	26	58	12 *	--
Male												
All living arrangement groups												
	No.	2,174	1,331	1,309	288	557	402	1,121	426	1,506	190	53 *
	%	100	61	60	13	26	18	52	20	69	9	2 *
Living alone												
	No.	279	164	141	58 *	63 *	64 *	108	49 *	186	39 *	--
	%	100	59	50	21 *	23 *	23 *	39	18 *	67	14 *	--
Living with spouse												
	No.	1,737	1,087	1,093	223	468	327	939	322	1,243	127	46 *
	%	100	63	63	13	27	19	54	19	72	7	3 *
Living with others												
	No.	158	80 *	75 *	--	26 *	--	74 *	55 *	77 *	24 *	--
	%	100	51 *	48 *	--	16 *	--	47 *	35 *	49 *	15 *	--
Female												
All living arrangement groups												
	No.	2,609	1,705	1,552	463	774	724	1,561	448	1,902	194	65 *
	%	100	65	60	18	30	28	60	17	73	7	3 *
Living alone												
	No.	711	463	383	158	197	255	424	123	530	46 *	--
	%	100	65	54	22	28	36	60	17	75	7 *	--
Living with spouse												
	No.	1,486	1,026	973	250	477	384	891	229	1,118	101	38 *
	%	100	69	66	17	32	26	60	15	75	7	3 *
Living with others												
	No.	412	215	196	55 *	100	85 *	246	96	253	47 *	--
	%	100	52	48	13 *	24	21 *	60	23	61	11 *	--
55-64 Years												
Both Sexes												
All living arrangement groups												
	No.	2,311	1,538	1,425	291	722	532	1,348	390	1,702	127	91
	%	100	67	62	13	31	23	58	17	74	6	4
Living alone												
	No.	293	189	146	32 *	81 *	81 *	145	50 *	207	26 *	--
	%	100	64	50	11 *	28 *	28 *	50	17 *	71	9 *	--
Living with spouse												
	No.	1,841	1,250	1,183	241	590	412	1,093	297	1,381	91	73 *
	%	100	68	64	13	32	22	59	16	75	5	4 *
Living with others												
	No.	177	100	95	--	52 *	39 *	110	43 *	114	--	--
	%	100	56	54	--	29 *	22 *	62	24 *	65	--	--

See footnote(s) at end of table.

TABLE 66

Population 55 Years of Age and Over by Type of Social Activity in the Month Prior to the Survey¹, by Age Group, by Sex and Living Arrangements, Canada, 1985 - Continued

Age group, sex and living arrangements		Type of Social Activity										
		Population 55 +	Movies	Travel out of town	Senior centres	Clubs/ meeting	Bingo/ cards/ course	Church ¹	One type of activity reported	More than one type of activity	No activity reported	Not stated
in thousands												
Male												
All living arrangement groups	No.	1,109	713	663	115	325	212	602	197	797	75 *	41 *
	%	100	64	60	10	29	19	54	18	72	7 *	4 *
Living alone	No.	101	59 *	46 *	--	28 *	--	31 *	--	64 *	--	--
	%	100	59 *	45 *	--	28 *	--	30 *	--	63 *	--	--
Living with spouse	No.	942	610	581	99	280	186	529	160	689	57 *	36 *
	%	100	65	62	11	30	20	56	17	73	6 *	4 *
Living with others	No.	66 *	44 *	36 *	--	--	--	42 *	--	44 *	--	--
	%	100 *	67 *	54 *	--	--	--	64 *	--	67 *	--	--
Female												
All living arrangement groups	No.	1,202	825	762	177	398	320	746	194	905	53 *	51 *
	%	100	69	63	15	33	27	62	16	75	4 *	4 *
Living alone	No.	192	129	100	--	52 *	60 *	114	33 *	143	--	--
	%	100	67	52	--	27 *	31 *	60	17 *	75	--	--
Living with spouse	No.	900	640	602	142	310	227	564	137	692	34 *	37 *
	%	100	71	67	16	34	25	63	15	77	4 *	4 *
Living with others	No.	111	56 *	60 *	--	36 *	34 *	68 *	23 *	70 *	--	--
	%	100	50 *	54 *	--	32 *	31 *	61 *	21 *	63 *	--	--
65-74 Years												
Both Sexes												
All living arrangement groups	No.	1,573	1,058	1,045	286	412	409	857	249	1,187	118	--
	%	100	67	66	18	26	26	55	16	75	7	--
Living alone	No.	372	266	232	101	104	135	216	48 *	296	--	--
	%	100	72	62	27	28	36	58	13 *	80	--	--
Living with spouse	No.	997	659	688	158	264	232	528	161	747	83 *	--
	%	100	66	69	16	26	23	53	16	75	8 *	--
Living with others	No.	204	133	125	28 *	45 *	41 *	113	40 *	144	--	--
	%	100	65	61	14 *	22 *	20 *	55	20 *	70	--	--
Male												
Both Sexes												
All living arrangement groups	No.	722	466	500	109	175	135	364	127	538	50 *	--
	%	100	65	69	15	24	19	50	18	75	7 *	--
Living alone	No.	107	73 *	68 *	24 *	--	27 *	48 *	--	83 *	--	--
	%	100	68 *	63 *	22 *	--	26 *	45 *	--	78 *	--	--
Living with spouse	No.	571	370	401	83 *	148	106	301	99	431	37 *	--
	%	100	65	70	15 *	26	19	53	17	75	6 *	--
Living with others	No.	43 *	24 *	31 *	--	--	--	--	--	24 *	--	--
	%	100 *	55 *	73 *	--	--	--	--	--	56 *	--	--

See footnote(s) at end of table.

TABLE 66
Population 55 Years of Age and Over by Type of Social Activity in the Month Prior to the Survey¹, by Age Group, by Sex and Living Arrangements, Canada, 1985 – Concluded

Age group, sex and living arrangements		Type of Social Activity										
		Population 55 +	Movies	Travel out of town	Senior centres	Clubs/ meeting	Bingo/ cards/ course	Church ¹	One type of activity reported	More than one type of activity	No activity reported	Not stated
in thousands												
Female												
All living arrangement groups	No.	851	592	544	177	237	274	493	122	649	68 *	--
	%	100	70	64	21	28	32	58	14	76	8 *	--
Living alone	No.	265	194	164	77 *	85 *	108	168	36 *	213	--	--
	%	100	73	62	29 *	32 *	41	64	14 *	80	--	--
Living with spouse	No.	426	289	287	74 *	116	126	227	62 *	316	47 *	--
	%	100	68	67	17 *	27	30	53	15 *	74	11 *	--
Living with others	No.	161	109	94	25 *	36 *	40 *	98	24 *	120	--	--
	%	100	68	58	16 *	22 *	25 *	61	15 *	74	--	--
75 Years and Over												
Both sexes												
All living arrangement groups	No.	900	440	392	174	197	186	477	234	518	139	--
	%	100	49	44	19	22	21	53	26	58	15	--
Living alone	No.	326	173	145	83 *	76 *	103	170	74 *	213	38 *	--
	%	100	53	45	26 *	23 *	32	52	23 *	65	12 *	--
Living with spouse	No.	385	205	196	73 *	92	67 *	209	93	233	54 *	--
	%	100	53	51	19 *	24	17 *	54	24	60	14 *	--
Living with others	No.	189	63 *	51 *	--	29 *	--	98	67 *	72 *	47 *	--
	%	100	33 *	27 *	--	15 *	--	52	36 *	38 *	25 *	--
Male												
All living arrangement groups	No.	344	152	146	64 *	58 *	55 *	155	102	170	65 *	--
	%	100	44	43	19 *	17 *	16 *	45	30	50	19 *	--
Living alone	No.	71 *	32 *	27 *	--	--	--	29 *	--	39 *	--	--
	%	100 *	45 *	38 *	--	--	--	41 *	--	55 *	--	--
Living with spouse	No.	224	108	111	40 *	40 *	35 *	109	63 *	122	34 *	--
	%	100	48	49	18 *	18 *	16 *	49	28 *	55	15 *	--
Living with others	No.	49 *	--	--	--	--	--	--	--	--	--	--
	%	100 *	--	--	--	--	--	--	--	--	--	--
Female												
All living arrangement groups	No.	556	288	246	110	139	131	322	132	348	74 *	--
	%	100	52	44	20	25	23	58	24	63	13 *	--
Living alone	No.	255	140	118	62 *	59 *	88	141	54 *	174	25 *	--
	%	100	55	46	24 *	23 *	34	55	21 *	68	10 *	--
Living with spouse	No.	161	97	85 *	33 *	52 *	32 *	100	30 *	111	--	--
	%	100	60	53 *	21 *	32 *	20 *	62	19 *	69	--	--
Living with others	No.	141	50 *	43 *	--	28 *	--	81 *	49 *	63 *	28 *	--
	%	100	36 *	31 *	--	20 *	--	57 *	35 *	45 *	20 *	--

¹ Data for church attendance refer to an unspecified time period, rather than to the month prior to the survey. Also, church attendance was asked only for those reporting a religion. See questions 139 and 140.

APPENDIX I

CYCLE I QUESTIONNAIRES

APPENDIX I CYCLE ONE QUESTIONNAIRES

Five different forms were used in Cycle One of the General Social Survey. Two forms were completed for each respondent, one recording

basic information about household members, the other a detailed questionnaire on health and social support. The choice of questionnaire depended upon the age of the respondent and the collection method as shown below.

Ages	Interview Method	Questionnaire	Content
15-54	telephone	GSS-1 GSS-2	basic household data health & support network
55-64	telephone	GSS-1 GSS-3	basic household data health & social support
65+	face-to-face	LFS-04 GSS-4	basic household data health & social support

The GSS-1 (Selection Control Form) was used to determine if the telephone number reached was a private residence, and if so, basic information about the household was collected and an eligible respondent selected.

For the sample which was drawn from the Labour Force Survey, basic household information was previously collected using LFS-04 (Household Record Docket). This information was updated at the time the GSS-4 was administered.

Of the three questionnaires on health and social support, the GSS-3 had the maximum number of questions and thus it is reproduced here. For easier reference, the sections of the GSS-3 are titled and listed below.

Section	Questions
A. Health Problems	1-10
B. Two Week Disability	11-19
C. Health Care Services	20-26

D. Long Term Activity Limitation	27-37
E. Height and Weight	38-40
F. Physical Activity	41-52
G. Smoking	53-62
H. Alcohol Use	63-69
I. Sleeping	70-72
J. Satisfaction	73-75
K. Social Activities	76
L. Help Given to Others	77-83
M. Household Activities Support	84-103
N. Support Network	104-128
O. Background Characteristics	129-168

The GSS-4 Questionnaire is identical to the GSS-3 except for the exclusion of questions 146 to 150 from Section O. Background Characteristics. These five questions which are about household telephones are pertinent to the telephone sample only.

Sections A through J of the GSS-2 questionnaire are identical to those of the GSS-3. The three sections on social support, Sections K, L, and M of the GSS-3, are excluded from the GSS-2. The remaining two sections of the GSS-3, Support Network and Background Characteristics, are included on the GSS-2 as Sections K and L respectively.



Confidential when completed

General social survey Selection control form

1: 2:
3: 4:

RECORD OF CALLS									
10	11 Date		12 Start		13 Finish		14 Result	15 Interviewer's Name	16 Comments
	Day	Month	Hr.	Min.	Hr.	Min.			
01									
02									
03									
04									
05									
06									
07									
08									
09									
10									
11									
12									
13									
14									
15									

20. Hello, I'm from Statistics Canada. We are doing a survey about the health of Canadians.

21. I'd like to make sure that I've dialed the right number. Is this (read number)?

☐ Yes

☐ No → Dial again. If still wrong, END

22. Is this number for a business, an institution or a private home?

☐ Private home

☐ Both home and business/institution

} Go to 30

☐ Business, institution or other non-residence
(Specify) (Name of business/institution)

23. Does anyone use this telephone number as a home phone number?

☐ Yes

☐ No → Thank respondent and END

24. How many persons live or stay at this address and use this number as a home phone number?

☐ Less than 15 → Go to 30

☐ 15 or more → Complete form GSS-1A

<p>30. In this health study all information we collect will be kept strictly confidential as guaranteed by the Statistics Act. While your participation is voluntary, your assistance is essential if the results of the study are to be accurate.</p>																																																																																																																																																																							
<p>31. I need to select one person from your household for an interview. Starting with the oldest, what is the first name and age of each person living or staying here who has no usual place of residence elsewhere?</p> <p style="text-align: center;"><i>Enter names and ages in 42 and 44</i></p>																																																																																																																																																																							
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td rowspan="2" style="width: 15%; vertical-align: top;"> <p>32. Are there any persons away from this household attending school, visiting, travelling or in the hospital who USUALLY live here?</p> <p><input type="radio"/> Yes → <i>Enter names and ages in 42 and 44</i></p> <p><input type="radio"/> No</p> </td> <td style="width: 5%; text-align: center;">40</td> <td style="width: 5%; text-align: center;">41</td> <td style="width: 35%; text-align: center;">42</td> <td style="width: 5%; text-align: center;">43</td> <td style="width: 5%; text-align: center;">44</td> <td style="width: 5%; text-align: center;">45</td> <td style="width: 5%; text-align: center;">46</td> <td style="width: 5%; text-align: center;">47</td> <td style="width: 5%; text-align: center;">48</td> <td style="width: 5%; text-align: center;">49</td> </tr> <tr> <td colspan="3" style="text-align: center;">Pg Ln Names of household members</td> <td style="text-align: center;">SEL #</td> <td style="text-align: center;">AGE</td> <td style="text-align: center;">SEX</td> <td style="text-align: center;">EMS</td> <td style="text-align: center;">Fam Id.</td> <td style="text-align: center;">R to H</td> <td></td> </tr> <tr> <td rowspan="16"> <p>33. Does anyone else live at this address, such as other relatives, roomers, boarders or employees?</p> <p><input type="radio"/> Yes → <i>Enter names and ages in 42 and 44</i></p> <p><input type="radio"/> No</p> </td> <td colspan="3" rowspan="2">1</td> <td colspan="2" style="text-align: center;">Given Name</td> <td colspan="2"></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2" style="text-align: center;">Surname</td> <td colspan="2"></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="3" rowspan="2">2</td> <td colspan="2" style="text-align: center;">Given Name</td> <td colspan="2"></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2" style="text-align: center;">Surname</td> <td colspan="2"></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="3" rowspan="2">3</td> <td colspan="2" style="text-align: center;">Given Name</td> <td colspan="2"></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2" style="text-align: center;">Surname</td> <td colspan="2"></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="3" rowspan="2">4</td> <td colspan="2" style="text-align: center;">Given Name</td> <td colspan="2"></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2" style="text-align: center;">Surname</td> <td colspan="2"></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="3" rowspan="2">5</td> <td colspan="2" style="text-align: center;">Given Name</td> <td colspan="2"></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2" style="text-align: center;">Surname</td> <td colspan="2"></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="3" rowspan="2">6</td> <td colspan="2" style="text-align: center;">Given Name</td> <td colspan="2"></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2" style="text-align: center;">Surname</td> <td colspan="2"></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="3" rowspan="2">7</td> <td colspan="2" style="text-align: center;">Given Name</td> <td colspan="2"></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2" style="text-align: center;">Surname</td> <td colspan="2"></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="3" rowspan="2">8</td> <td colspan="2" style="text-align: center;">Given Name</td> <td colspan="2"></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2" style="text-align: center;">Surname</td> <td colspan="2"></td> <td></td> <td></td> <td></td> </tr> </table>										<p>32. Are there any persons away from this household attending school, visiting, travelling or in the hospital who USUALLY live here?</p> <p><input type="radio"/> Yes → <i>Enter names and ages in 42 and 44</i></p> <p><input type="radio"/> No</p>	40	41	42	43	44	45	46	47	48	49	Pg Ln Names of household members			SEL #	AGE	SEX	EMS	Fam Id.	R to H		<p>33. Does anyone else live at this address, such as other relatives, roomers, boarders or employees?</p> <p><input type="radio"/> Yes → <i>Enter names and ages in 42 and 44</i></p> <p><input type="radio"/> No</p>	1			Given Name							Surname							2			Given Name							Surname							3			Given Name							Surname							4			Given Name							Surname							5			Given Name							Surname							6			Given Name							Surname							7			Given Name							Surname							8			Given Name							Surname						
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<p>34. INTERVIEWER:</p> <ul style="list-style-type: none"> • Enter answers for 44 through 48 for each person recorded in 42. • Then go to 50. 																																																																																																																																																																							
<p>50. Now I'm going to use a selection procedure to determine whom to interview. This will just take a second.</p>				<p>Selection Grid Label</p> <p>A = Eligible Household Members</p> <p>B = Select #</p>																																																																																																																																																																			
<p>51. INTERVIEWER:</p> <ul style="list-style-type: none"> • In item 43, number the persons 15 to 64 years of age in order from oldest to youngest. • Determine the selected person by referring to the Selection Grid. • In item 43, circle the number of the selected person. 																																																																																																																																																																							
<p>52. The person I am to interview is (read name)</p> <p>Is he/she there?</p> <p><input type="radio"/> Yes → Go to 70</p> <p><input type="radio"/> No → Set up appointment and go to 70</p>				<p>60. Final Status</p> <p style="text-align: center;"> </p>		<p>61. Number of Eligible Household Members</p> <p style="text-align: center;"> </p>		<p>62. Interviewer Number</p> <p style="text-align: center;"> </p>																																																																																																																																																															
<p>53. Best time to contact selected person.</p> <p style="text-align: center;"> </p> <p style="text-align: center;"> </p>				<p>63. Notes</p> <p>Item No.</p> <p style="text-align: center;"> </p> <p style="text-align: center;"> </p> <p style="text-align: center;"> </p>																																																																																																																																																																			
				<p>70. INTERVIEWER:</p> <ul style="list-style-type: none"> • If the selected person is aged 15 to 54 <input type="radio"/> Complete GSS-2 • If the selected person is aged 55 to 64 <input type="radio"/> Complete GSS-3 																																																																																																																																																																			



- - Telephone Number (Item 1, GSS-1)

Page-Line No. (Item 40-41, GSS-1)

Age (Item 44, GSS-1)

GSS-3

CONFIDENTIAL when completed

GENERAL SOCIAL SURVEY
HEALTH AND SOCIAL SUPPORT
QUESTIONNAIRE

<p>SECTION A</p> <p>I would now like to ask you some questions related to your health. Most of the questions are about specific health concerns but the first question is about health in general.</p> <p>1. How would you describe your state of health? Compared to other persons your age, would you say it was ...</p> <p> <input type="radio"/> 1 Excellent <input type="radio"/> 2 Good <input type="radio"/> 3 Fair, or <input type="radio"/> 4 Poor? </p>	<p>7. Do you have diabetes?</p> <p> <input type="radio"/> 1 Yes <input type="radio"/> 2 No <input type="radio"/> 3 Don't know </p> <p style="text-align: right;">} Go to 9</p>
<p>2. Now I'd like to ask you some questions about your blood pressure. How long ago did you last have your blood pressure checked?</p> <p> <input type="radio"/> 1 Within last 6 months <input type="radio"/> 2 7 to 12 months ago <input type="radio"/> 3 13 to 24 months ago <input type="radio"/> 4 More than 2 years ago <input type="radio"/> 5 Never <input type="radio"/> 6 Don't know </p> <p style="text-align: right;">} Go to 5</p>	<p>8. At what age were you first diagnosed?</p> <p> <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> </p> <p> <input type="radio"/> 97 Never diagnosed <input type="radio"/> 98 Don't know </p>
<p>3. Have you ever been told by a doctor or nurse that you have high blood pressure?</p> <p> <input type="radio"/> 7 Yes <input type="radio"/> 8 No <input type="radio"/> 9 Don't know </p> <p style="text-align: right;">} Go to 5</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Note: Women should exclude high blood pressure due to pregnancy.</p> </div>	<p>9. Do you have any respiratory problems such as asthma, emphysema, chronic bronchitis, persistent cough or shortness of breath?</p> <p> <input type="radio"/> 1 Yes <input type="radio"/> 2 No <input type="radio"/> 3 Don't know </p>
<p>4. Has any medication or treatment such as a change in diet ever been prescribed for your high blood pressure?</p> <p> <input type="radio"/> 1 Yes <input type="radio"/> 2 No <input type="radio"/> 3 Don't know </p>	<p>10. Do you have arthritis, rheumatism or bursitis?</p> <p> <input type="radio"/> 1 Yes <input type="radio"/> 2 No <input type="radio"/> 3 Don't know </p>
<p>5. The next few questions refer to certain other health problems. Have you ever had trouble with your heart, such as a heart attack, angina, heart failure or rheumatic heart disease?</p> <p> <input type="radio"/> 4 Yes <input type="radio"/> 5 No <input type="radio"/> 6 Don't know </p> <p style="text-align: right;">} Go to 7</p>	<p>SECTION B</p> <p>11. It is important in the next few questions for you to refer to the 14 day period from Sunday _____ to Saturday _____. During those two weeks, was your main activity working, going to school, keeping house or something else?</p> <p> <input type="radio"/> 4 Working <input type="radio"/> 5 Going to school <input type="radio"/> 6 Keeping house <input type="radio"/> 7 Other (specify) _____ </p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Note: If sickness or illness is reported, ask for usual major activity.</p> </div>
<p>6. At what age were you first diagnosed?</p> <p> <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> </p> <p> <input type="radio"/> 97 Never diagnosed <input type="radio"/> 98 Don't know </p>	<p>12. During those 14 days did you stay in bed at all because of your health, including any nights spent as a patient in a hospital?</p> <p> <input type="radio"/> 8 Yes <input type="radio"/> 9 No </p> <p style="text-align: right;">→ Go to 16</p>
	<p>13. How many days did you stay in bed for all or most of the day?</p> <p> <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> </p>
	<p>14. <u>Interviewer:</u></p> <p>If code 4, 5 or 6 in Q. 11, <input type="radio"/> 1 Go to 15</p> <p>Otherwise, <input type="radio"/> 2 Go to 16</p>

<p>15. On how many of those days would you normally have ... { worked? gone to school? done housework? }</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px 0;"></div>	<p>23. During the last 12 months, how many times did you see or talk to a medical specialist about your health?</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px 0;"></div> <p>³⁷ <input type="radio"/> None</p> <p>³⁸ <input type="radio"/> Don't know</p>
<p>16. (Not counting days spent in bed) Were there any days in those 2 weeks that you cut down on things you normally do because of your health?</p> <p>¹ <input type="radio"/> Yes</p> <p>⁴ <input type="radio"/> No → Go to 20</p>	<p>24. During the last 12 months, how many times did you see or talk to a dentist?</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px 0;"></div> <p>³⁷ <input type="radio"/> None</p> <p>³⁸ <input type="radio"/> Don't know</p>
<p>17. How many days did you cut down for all or most of the day?</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px 0;"></div>	<p>25. During the last 12 months, how many times did you see or talk to a nurse about your health, excluding making appointments?</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px 0;"></div> <p>³⁷ <input type="radio"/> None</p> <p>³⁸ <input type="radio"/> Don't know</p>
<p>18. <u>Interviewer:</u></p> <p>If code 4, 5 or 6 in Q. 11, ¹ <input type="radio"/> Go to 19</p> <p>Otherwise, ² <input type="radio"/> Go to 20</p>	<p>26. Did you spend any nights as a patient in a hospital, nursing home or convalescent home during the last 12 months?</p> <p>¹ <input type="radio"/> Yes → How many nights? <div style="border: 1px solid black; width: 40px; height: 20px; display: inline-block;"></div></p> <p>² <input type="radio"/> No</p>
<p>SECTION C</p>	
<p>20. During those 14 days, did you see or talk to a medical doctor about your health?</p> <p>¹ <input type="radio"/> Yes</p> <p>⁴ <input type="radio"/> No → Go to 22</p>	<p>SECTION D</p> <p>Now I would like to ask you some questions about what you can do on an average day, with any aids if you normally use them. Please exclude any temporary difficulties you might be experiencing due to pregnancy or injury.</p>
<p>21. What was the main reason for this contact?</p> <p>⁵ <input type="radio"/> Illness or health problem</p> <p>⁶ <input type="radio"/> Medical check-up</p> <p>⁷ <input type="radio"/> Shots, inoculations or vaccination</p> <p>⁸ <input type="radio"/> Pre or post-natal care</p> <p>⁹ <input type="radio"/> Other (specify) _____</p>	<p>27. Do you have any trouble walking 400 metres without resting; that's about 3 city blocks?</p> <p>¹ <input type="radio"/> Yes → <div style="border: 1px solid black; padding: 5px; display: inline-block;">Are you completely unable to do this?</div></p> <p>² <input type="radio"/> No ³ <input type="radio"/> Yes</p> <p>⁴ <input type="radio"/> No</p>
<p>22. Now I'd like to ask you about your contacts during the last 12 months with the health care system.</p> <p>During the last 12 months, how many times did you see or talk to a general practitioner about your health?</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px 0;"></div> <p>³⁷ <input type="radio"/> None</p> <p>³⁸ <input type="radio"/> Don't know</p>	<p>28. Do you have any trouble walking up and down a flight of stairs?</p> <p>⁵ <input type="radio"/> Yes → <div style="border: 1px solid black; padding: 5px; display: inline-block;">Are you completely unable to do this?</div></p> <p>⁶ <input type="radio"/> No ⁷ <input type="radio"/> Yes</p> <p>⁸ <input type="radio"/> No</p>
<p>29. Do you have any trouble carrying an object of 5 kilograms 10 metres; that's like carrying a 12 pound bag of groceries about 30 feet?</p> <p>¹ <input type="radio"/> Yes → <div style="border: 1px solid black; padding: 5px; display: inline-block;">Are you completely unable to do this?</div></p> <p>² <input type="radio"/> No ³ <input type="radio"/> Yes</p> <p>⁴ <input type="radio"/> No</p>	

30. Do you have any trouble standing for long periods of time; for example, waiting in line at a bank for 20 minutes or more?

- ⁵ ☐ Yes → Are you completely unable to do this?
⁶ ☐ No ⁷ ☐ Yes
⁸ ☐ No

31. Do you have any trouble, when standing, bending down to pick up an object from the floor?

- ¹ ☐ Yes → Are you completely unable to do this?
² ☐ No ³ ☐ Yes
⁴ ☐ No

32. Do you have any trouble cutting your own toenails?

- ⁵ ☐ Yes → Are you completely unable to do this?
⁶ ☐ No ⁷ ☐ Yes
⁸ ☐ No

33. Do you have trouble using your fingers to grasp or handle?

- ¹ ☐ Yes → Are you completely unable to do this?
² ☐ No ³ ☐ Yes
⁴ ☐ No

34. Do you have any trouble reaching above your head?

- ⁵ ☐ Yes → Are you completely unable to do this?
⁶ ☐ No ⁷ ☐ Yes
⁸ ☐ No

35. Do you have any trouble seeing well enough to read ordinary newsprint, with glasses if you normally wear them?

- ¹ ☐ Yes → Are you completely unable to do this?
² ☐ No ³ ☐ Yes
⁴ ☐ No

36. Do you have any trouble hearing what is said in a normal conversation with at least two persons, with a hearing aid if you normally use one?

- ⁵ ☐ Yes → Are you completely unable to do this?
⁶ ☐ No ⁷ ☐ Yes
⁸ ☐ No

37. Are you limited in the kind or amount of activity you can do at home, at work or at school because of a long term physical condition or health problem?

- ¹ ☐ Yes → How are you limited?
² ☐ No

SECTION E

The next few questions concern your physical condition and physical activity.

38. What is your height?

1					2										
feet					inches					or	centimetres				

- ⁵ ☐ Don't know

39. What is your weight?

3					4									
lbs.					or					kilograms				

- ⁶ ☐ Don't know

40. Do you consider yourself to be ...

- ⁷ ☐ Overweight
⁸ ☐ Underweight
⁹ ☐ About the proper weight?

SECTION F

41. Thinking back over the last 3 months did you participate in active physical exercise, that is, exercise which made you perspire or breathe more heavily than normal?

- ¹ ☐ Yes
² ☐ No → Go to 50

42. What did you do? Anything else? (Mark all that apply.)

- ¹ ☐ Running or jogging
² ☐ Bicycling
³ ☐ Tennis
⁴ ☐ Exercise in a class or at home
⁵ ☐ Swimming
⁶ ☐ Raquetball or squash
⁷ ☐ Other (specify) _____
⁸ ☐ Other (specify) _____
⁹ ☐ Other (specify) _____

43. Over the last 3 months which did you do most frequently?

- ¹ ☐ Running or jogging
² ☐ Bicycling
³ ☐ Tennis
⁴ ☐ Exercise in a class or at home
⁵ ☐ Swimming
⁶ ☐ Raquetball or squash
⁷ ☐ Other (specify) _____

<p>44. How frequently did you participate in this activity?</p> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;">1</div> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;"></div> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;"></div> times per week </div> <p style="text-align: center; margin: 0;">OR</p> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;">2</div> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;"></div> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;"></div> times per month </div> <p>⁸ <input type="radio"/> Less than once a month</p> <p>⁹ <input type="radio"/> Don't know</p>	<p>50. Which of the following best describes the level of physical effort in your work or daily activities?</p> <p>¹ <input type="radio"/> Light – such as office work, driving, sitting ...</p> <p>² <input type="radio"/> Moderate – such as vacuuming, carpentry, walking ...</p> <p>³ <input type="radio"/> Heavy – such as pushing or carrying heavy objects ...</p> <p>⁴ <input type="radio"/> Don't know</p>
<p>45. About how much time did you spend on each occasion?</p> <p>³ <input type="radio"/> More than one hour</p> <p>⁴ <input type="radio"/> 46 minutes to one hour</p> <p>⁵ <input type="radio"/> 31 minutes to 45 minutes</p> <p>⁶ <input type="radio"/> 16 minutes to 30 minutes</p> <p>⁷ <input type="radio"/> 15 minutes or less</p> <p>⁸ <input type="radio"/> Don't know</p>	<p>51. Over the past 3 months how frequently did you participate in light physical exercise or recreation such as walking, dancing, golfing, gardening, baseball, etc.?</p> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;">1</div> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;"></div> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;"></div> times a week </div> <p style="text-align: center; margin: 0;">OR</p> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;">2</div> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;"></div> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;"></div> times a month </div> <p>⁵ <input type="radio"/> Less than once a month</p> <p>⁶ <input type="radio"/> Don't know</p>
<p>46. Interviewer:</p> <p>If only <u>one circle</u> marked in Q. 42 ... ¹ <input type="radio"/> Go to 50</p> <p>Otherwise, ... ² <input type="radio"/> Go to 47</p>	<p>52. Overall, do you consider the amount of physical activity you usually get to be ...</p> <p>⁷ <input type="radio"/> Too much</p> <p>⁸ <input type="radio"/> Too little</p> <p>⁹ <input type="radio"/> The right amount?</p>
<p>47. Which was the next most frequent exercise you participated in during the last 3 months?</p> <p>³ <input type="radio"/> Running or jogging</p> <p>⁴ <input type="radio"/> Bicycling</p> <p>⁵ <input type="radio"/> Tennis</p> <p>⁶ <input type="radio"/> Exercise in a class or at home</p> <p>⁷ <input type="radio"/> Swimming</p> <p>⁸ <input type="radio"/> Raquetball or squash</p> <p>⁹ <input type="radio"/> Other (specify) _____</p>	<p>SECTION G</p> <p>The next questions are about smoking.</p> <p>53. At the present time do you smoke cigarettes daily, occasionally or not at all?</p> <div style="display: flex; align-items: center; margin-top: 10px;"> <div style="margin-right: 20px;"> <p>¹ <input type="radio"/> Daily</p> <p>² <input type="radio"/> Occasionally</p> <p>³ <input type="radio"/> Not at all</p> </div> <div style="font-size: 3em; line-height: 1;">}</div> <div> <p>Go to 57</p> </div> </div>
<p>48. How frequently did you do this activity?</p> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;">1</div> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;"></div> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;"></div> times a week </div> <p style="text-align: center; margin: 0;">OR</p> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;">2</div> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;"></div> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;"></div> times a month </div> <p>⁸ <input type="radio"/> Less than once a month</p> <p>⁹ <input type="radio"/> Don't know</p>	<p>54. At what age did you start smoking cigarettes daily?</p> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;"></div> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;"></div> </div> <p>⁹⁸ <input type="radio"/> Don't know</p>
<p>49. About how much time did you spend on each occasion?</p> <p>³ <input type="radio"/> More than one hour</p> <p>⁴ <input type="radio"/> 46 minutes to one hour</p> <p>⁵ <input type="radio"/> 31 minutes to 45 minutes</p> <p>⁶ <input type="radio"/> 16 minutes to 30 minutes</p> <p>⁷ <input type="radio"/> 15 minutes or less</p> <p>⁸ <input type="radio"/> Don't know</p>	<p>55. About how many cigarettes do you smoke each day?</p> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;"></div> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 5px;"></div> </div>
<p>56. What brand of cigarettes do you usually smoke?</p> <div style="display: flex; align-items: center; margin-top: 10px;"> <div style="flex-grow: 1; border-bottom: 1px solid black; margin-right: 10px;"></div> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 10px;"></div> <div>→ Go to 62</div> </div> <p style="text-align: right; margin: 0;">(code from brand chart)</p>	<p>57. Do you smoke pipes, cigars, or cigarillos daily?</p> <p>⁵ <input type="radio"/> Yes</p> <p>⁶ <input type="radio"/> No</p>

<p>58. Have you ever smoked cigarettes daily?</p> <p>⁷ <input type="radio"/> Yes</p> <p>⁸ <input type="radio"/> No → Go to 62</p>	<p>The next question concerns drinking in the last 7 days. By a drink we mean:</p> <ul style="list-style-type: none"> - One pint bottle of beer - One small glass of wine - 1 1/2 ounces of liquor
<p>59. At what age did you start smoking daily?</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px auto;"></div>	<p>66. (a) Thinking back over the last 7 days, on how many of these days did you have any alcoholic drinks?</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px auto;"></div> <p>⁸ <input type="radio"/> None → Go to 67</p>
<p>60. At what age did you last stop smoking daily?</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px auto;"></div>	<p>(b) On how many of these days did you have 2 or more drinks?</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px auto;"></div> <p>⁸ <input type="radio"/> None → Go to 67</p>
<p>61. About how many cigarettes did you usually smoke daily?</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px auto;"></div>	<p>(c) On how many of these days did you have 4 or more drinks?</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px auto;"></div> <p>⁸ <input type="radio"/> None → Go to 67</p>
<p>62. How many people in your household, excluding yourself, smoke daily?</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px auto;"></div> <p>⁹⁸ <input type="radio"/> Don't know</p>	<p>(d) On how many of these days did you have 8 or more drinks?</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px auto;"></div> <p>⁸ <input type="radio"/> None → Go to 67</p>
<p>SECTION H</p> <p>The following questions are about drinking wine, beer or liquor -- all kinds of alcoholic beverages.</p>	<p>(e) On how many of these days did you have 12 or more drinks?</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px auto;"></div> <p>⁸ <input type="radio"/> None</p>
<p>63. In the last 12 months have you taken a drink of beer, wine, liquor or other alcoholic beverage?</p> <p>¹ <input type="radio"/> Yes</p> <p>² <input type="radio"/> No → Go to 68</p>	<p>67. Compared to this time last year are you now drinking...</p> <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;"> <p>¹ <input type="radio"/> More</p> <p>² <input type="radio"/> About the same</p> <p>³ <input type="radio"/> Less</p> </div> <div style="font-size: 3em; margin-right: 10px;">}</div> <p>Go to 70</p> </div>
<p>64. How often did you take a drink? Was it....</p> <p>⁴ <input type="radio"/> Everyday</p> <p>⁵ <input type="radio"/> At least once a week</p> <p>⁶ <input type="radio"/> One or more times a month</p> <p>⁷ <input type="radio"/> Less often than once a month?</p> <p>⁸ <input type="radio"/> Don't know</p>	<p>68. Did you ever drink alcoholic beverages?</p> <p>⁴ <input type="radio"/> Yes</p> <p>⁵ <input type="radio"/> No → Go to 70</p>
<p>65. At what age did you start drinking alcoholic beverages?</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px auto;"></div> <p>⁹⁹ <input type="radio"/> Don't know</p>	<p>69. Why did you stop?</p> <p>⁶ <input type="radio"/> Health</p> <p>⁷ <input type="radio"/> Other (specify) _____</p>
<p>SECTION I</p> <p>Recent studies have shown that the amount of sleep a person gets may be related to their health.</p>	
<p>70. Within a 24-hour period, how much time do you usually spend in bed resting, reading and sleeping?</p> <div style="display: flex; align-items: center; margin: 5px 0;"> <div style="border: 1px solid black; width: 40px; height: 20px; margin-right: 5px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px; margin-right: 5px;"></div> </div> <div style="display: flex; justify-content: space-around; width: 100%;"> hours minutes </div> <p>⁹ <input type="radio"/> Don't know</p>	

71. Of this time, how long do you usually spend sleeping?

hours minutes

⁹ ☐ Don't know

72. Do you consider that you get ...

¹ ☐ Too much sleep

² ☐ Too little sleep

³ ☐ About the right amount?

SECTION J

73. The next questions ask you to rate your feelings about areas of your life and living conditions, whether you are very satisfied, somewhat satisfied, somewhat dissatisfied or very dissatisfied. How would you rate your feelings about each of the following?

	Very Satisfied	Somewhat Satisfied	Somewhat Dissatisfied	Very Dissatisfied	No Opinion
(a) Your health	⁰¹ <input type="radio"/>	⁰² <input type="radio"/>	⁰³ <input type="radio"/>	⁰⁴ <input type="radio"/>	⁰⁵ <input type="radio"/>
(b) Your job or major activity	⁰⁶ <input type="radio"/>	⁰⁷ <input type="radio"/>	⁰⁸ <input type="radio"/>	⁰⁹ <input type="radio"/>	¹⁰ <input type="radio"/>
(c) Your finances	¹¹ <input type="radio"/>	¹² <input type="radio"/>	¹³ <input type="radio"/>	¹⁴ <input type="radio"/>	¹⁵ <input type="radio"/>
(d) Your housing	¹⁶ <input type="radio"/>	¹⁷ <input type="radio"/>	¹⁸ <input type="radio"/>	¹⁹ <input type="radio"/>	²⁰ <input type="radio"/>
(e) Family relations	²¹ <input type="radio"/>	²² <input type="radio"/>	²³ <input type="radio"/>	²⁴ <input type="radio"/>	²⁵ <input type="radio"/>
(f) Friendships	²⁶ <input type="radio"/>	²⁷ <input type="radio"/>	²⁸ <input type="radio"/>	²⁹ <input type="radio"/>	³⁰ <input type="radio"/>

74. Using the same scale, how do you feel about your life as a whole ...

¹ ☐ Very satisfied

² ☐ Somewhat satisfied

³ ☐ Somewhat dissatisfied

⁴ ☐ Very dissatisfied?

⁵ ☐ No opinion

75. Would you describe yourself as ...

¹ ☐ Very happy

² ☐ Somewhat happy

³ ☐ Somewhat unhappy

⁴ ☐ Very unhappy?

⁵ ☐ No opinion

SECTION K

76.(a) The next questions concern social activities. In the last month, how many times did you go to public places such as movies, restaurants, theatre or sports events?

⁹⁷ ☐ Never → Go to 76(b)

With whom did you go?
(Mark all that apply)

¹ ☐ Alone

² ☐ Spouse/Partner

³ ☐ Son/Daughter

⁴ ☐ Other relative

⁵ ☐ Friend

⁶ ☐ Other (specify) _____

76(b) In the last month, how many times did you travel out of your town or community?

⁹⁷ ☐ Never → Go to 76(c)

With whom did you travel?
(Mark all that apply)

¹ ☐ Alone

² ☐ Spouse/Partner

³ ☐ Son/Daughter

⁴ ☐ Other Relative

⁵ ☐ Friend

⁶ ☐ Other (specify) _____

76(c) Go to senior centres or clubs?

⁹⁷ ☐ Never

76(d) Go out to activities such as bingo, playing cards, or to attend courses?

⁹⁷ ☐ Never → Go to 76(e)

With whom did you go?
(Mark all that apply)

¹ ☐ Alone

² ☐ Spouse/Partner

³ ☐ Son/Daughter

⁴ ☐ Other Relative

⁵ ☐ Friend

⁶ ☐ Other (specify) _____

76(e) Attend meetings of clubs or organizations?

⁹⁷ ☐ Never

SECTION L

The next few questions are about any unpaid help you have given to others during the last 6 months. This includes volunteer work through organizations such as hospitals, churches, sport associations and other volunteer organizations as well as unpaid help given to friends, neighbours or acquaintances.

77. In the last 6 months have you done any unpaid housework outside your home such as cooking, sewing or cleaning?

- ¹ ☐ Yes ➤ For which person or for which organization? (Mark all that apply)
- ² ☐ No
- ³ ☐ Son/Daughter
- ⁴ ☐ Parent
- ⁵ ☐ Other relative
- ⁶ ☐ Friend, neighbour, etc.
- ⁷ ☐ Organization (specify) _____

78. In the last 6 months have you provided transportation such as driving a person to a doctor, a hospital or to stores?

- ¹ ☐ Yes ➤ For which person or for which organization? (Mark all that apply)
- ² ☐ No
- ³ ☐ Son/Daughter
- ⁴ ☐ Parent
- ⁵ ☐ Other relative
- ⁶ ☐ Friend, neighbour, etc.
- ⁷ ☐ Organization (specify) _____

79. In the last 6 months have you done any maintenance or yard work such as repairs, painting, carpentry or lawn mowing?

- ¹ ☐ Yes ➤ For which person or for which organization? (Mark all that apply)
- ² ☐ No
- ³ ☐ Son/Daughter
- ⁴ ☐ Parent
- ⁵ ☐ Other relative
- ⁶ ☐ Friend, neighbour, etc.
- ⁷ ☐ Organization (specify) _____

80. In the last 6 months have you done any unpaid babysitting?

- ¹ ☐ Yes ➤ For which person or for which organization? (Mark all that apply)
- ² ☐ No
- ³ ☐ Son/Daughter
- ⁴ ☐ Parent
- ⁵ ☐ Other relative
- ⁶ ☐ Friend, neighbour, etc.
- ⁷ ☐ Organization (specify) _____

81. In the last 6 months have you provided personal care, things such as help bathing or dressing, to anyone outside your home?

- ¹ ☐ Yes ➤ For which person or for which organization? (Mark all that apply)
- ² ☐ No
- ³ ☐ Son/Daughter
- ⁴ ☐ Parent
- ⁵ ☐ Other relative
- ⁶ ☐ Friend, neighbour, etc.
- ⁷ ☐ Organization (specify) _____

82. In the last 6 months have you provided any unpaid volunteer work for organizations such as teaching, fundraising or office work?

- ¹ ☐ Yes ➤ For which person or for which organization? (Mark all that apply)
- ² ☐ No
- ³ ☐ Son/Daughter
- ⁴ ☐ Parent
- ⁵ ☐ Other relative
- ⁶ ☐ Friend, neighbour, etc.
- ⁷ ☐ Organization (specify) _____

83. In the last 6 months, did you donate money to any organizations or provide voluntary financial support to any persons who do not live in your household, including family members?

- ¹ ☐ Yes ➤ For which person or for which organization? (Mark all that apply)
- ² ☐ No
- ³ ☐ Son/Daughter
- ⁴ ☐ Parent
- ⁵ ☐ Other relative
- ⁶ ☐ Friend, neighbour, etc.
- ⁷ ☐ Organization (specify) _____

SECTION M

The next questions are about household activities and who takes part in these activities in your home.

84. Interviewer: Ask if not known:

Do you live in an apartment?

- ³ ☐ Yes → Go to 88
- ⁴ ☐ No

85. Is the yard work for your dwelling, such as lawn mowing, leaf raking and snow removal usually done by ...

⁵ ☐ Yourself alone → Go to 88

⁶ ☐ Yourself and someone else

⁷ ☐ Someone else

86. Who (besides yourself) does the yard work?

For each circle marked ask:
How often is ____ involved doing the yard work?

	Once or more per week	Once or more per month	Less than once a month
⁰¹ <input type="radio"/> Spouse	⁰² <input type="radio"/>	⁰³ <input type="radio"/>	⁰⁴ <input type="radio"/>
⁰⁵ <input type="radio"/> Daughter	⁰⁶ <input type="radio"/>	⁰⁷ <input type="radio"/>	⁰⁸ <input type="radio"/>
⁰⁹ <input type="radio"/> Son	¹⁰ <input type="radio"/>	¹¹ <input type="radio"/>	¹² <input type="radio"/>
¹³ <input type="radio"/> Other relative	¹⁴ <input type="radio"/>	¹⁵ <input type="radio"/>	¹⁶ <input type="radio"/>
¹⁷ <input type="radio"/> Friend or neighbour	¹⁸ <input type="radio"/>	¹⁹ <input type="radio"/>	²⁰ <input type="radio"/>
²¹ <input type="radio"/> House maintenance service	²² <input type="radio"/>	²³ <input type="radio"/>	²⁴ <input type="radio"/>
²⁵ <input type="radio"/> Lawn/garden maintenance service	²⁶ <input type="radio"/>	²⁷ <input type="radio"/>	²⁸ <input type="radio"/>
²⁹ <input type="radio"/> Senior centre or club	³⁰ <input type="radio"/>	³¹ <input type="radio"/>	³² <input type="radio"/>
³³ <input type="radio"/> Landlord or agent	³⁴ <input type="radio"/>	³⁵ <input type="radio"/>	³⁶ <input type="radio"/>
³⁷ <input type="radio"/> Condominium corporation	³⁸ <input type="radio"/>	³⁹ <input type="radio"/>	⁴⁰ <input type="radio"/>
⁴¹ <input type="radio"/> Other (specify) _____	⁴² <input type="radio"/>	⁴³ <input type="radio"/>	⁴⁴ <input type="radio"/>

87. If you had to, could you do the yard work without help?

¹ ☐ Yes

² ☐ No →

Are you completely unable to do it?

³ ☐ Yes

⁴ ☐ No

88. Is the housework in your household usually done by ...

⁵ ☐ Yourself alone → Go to 92

⁶ ☐ Yourself and someone else

⁷ ☐ Someone else

89. Who (besides yourself) does the housework?

For each circle marked ask:
How often is ____ involved doing the housework?

	Once or more per week	Once or more per month	Less than once a month
⁰¹ <input type="radio"/> Spouse	⁰² <input type="radio"/>	⁰³ <input type="radio"/>	⁰⁴ <input type="radio"/>
⁰⁵ <input type="radio"/> Daughter	⁰⁶ <input type="radio"/>	⁰⁷ <input type="radio"/>	⁰⁸ <input type="radio"/>
⁰⁹ <input type="radio"/> Son	¹⁰ <input type="radio"/>	¹¹ <input type="radio"/>	¹² <input type="radio"/>
¹³ <input type="radio"/> Other relative	¹⁴ <input type="radio"/>	¹⁵ <input type="radio"/>	¹⁶ <input type="radio"/>
¹⁷ <input type="radio"/> Friend or neighbor	¹⁸ <input type="radio"/>	¹⁹ <input type="radio"/>	²⁰ <input type="radio"/>
²¹ <input type="radio"/> Homemaker service	²² <input type="radio"/>	²³ <input type="radio"/>	²⁴ <input type="radio"/>
²⁵ <input type="radio"/> Friendly visitor service	²⁶ <input type="radio"/>	²⁷ <input type="radio"/>	²⁸ <input type="radio"/>
²⁹ <input type="radio"/> Senior centre or club	³⁰ <input type="radio"/>	³¹ <input type="radio"/>	³² <input type="radio"/>
³³ <input type="radio"/> Other (specify) _____	³⁴ <input type="radio"/>	³⁵ <input type="radio"/>	³⁶ <input type="radio"/>

90. If you had to, could you do heavy housework such as washing floors and cleaning windows without help?

¹ ☐ Yes → Go to 92

² ☐ No →

Are you completely unable to do heavy housework?

³ ☐ Yes

⁴ ☐ No

91. If you had to, could you do light housework such as washing dishes and dusting without help?

¹ ☐ Yes

² ☐ No →

Are you completely unable to do light housework?

³ ☐ Yes

⁴ ☐ No

92. Are the meals in your household usually prepared by ...

⁵ ☐ Yourself alone → Go to 95

⁶ ☐ Yourself and someone else

⁷ ☐ Someone else

93. Who (besides yourself) makes the meals?

For each circle marked ask:
How often is _____ involved in making meals?

	Once or more per week	Once or more per month	Less than once a month
⁰¹ <input type="radio"/> Spouse	⁰² <input type="radio"/>	⁰³ <input type="radio"/>	⁰⁴ <input type="radio"/>
⁰⁵ <input type="radio"/> Daughter	⁰⁶ <input type="radio"/>	⁰⁷ <input type="radio"/>	⁰⁸ <input type="radio"/>
⁰⁹ <input type="radio"/> Son	¹⁰ <input type="radio"/>	¹¹ <input type="radio"/>	¹² <input type="radio"/>
¹³ <input type="radio"/> Other relative	¹⁴ <input type="radio"/>	¹⁵ <input type="radio"/>	¹⁶ <input type="radio"/>
¹⁷ <input type="radio"/> Friend or neighbour	¹⁸ <input type="radio"/>	¹⁹ <input type="radio"/>	²⁰ <input type="radio"/>
²¹ <input type="radio"/> Homemaker service	²² <input type="radio"/>	²³ <input type="radio"/>	²⁴ <input type="radio"/>
²⁵ <input type="radio"/> Friendly visitor service	²⁶ <input type="radio"/>	²⁷ <input type="radio"/>	²⁸ <input type="radio"/>
²⁹ <input type="radio"/> Senior centre or club	³⁰ <input type="radio"/>	³¹ <input type="radio"/>	³² <input type="radio"/>
³³ <input type="radio"/> Other (specify) _____	³⁴ <input type="radio"/>	³⁵ <input type="radio"/>	³⁶ <input type="radio"/>

94. If you had to make meals on a regular basis, could you do it without help?

¹ ☐ Yes

² ☐ No →

Are you completely unable to make meals?

³ ☐ Yes

⁴ ☐ No

95. Is the grocery shopping in your household usually done by ...

⁵ ☐ Yourself alone → Go to 98

⁶ ☐ Yourself and someone else

⁷ ☐ Someone else

96. Who (besides yourself) shops for groceries?

For each circle marked ask:
How often is _____ involved in grocery shopping?

	Once or more per week	Once or more per month	Less than once a month
⁰¹ <input type="radio"/> Spouse	⁰² <input type="radio"/>	⁰³ <input type="radio"/>	⁰⁴ <input type="radio"/>
⁰⁵ <input type="radio"/> Daughter	⁰⁶ <input type="radio"/>	⁰⁷ <input type="radio"/>	⁰⁸ <input type="radio"/>
⁰⁹ <input type="radio"/> Son	¹⁰ <input type="radio"/>	¹¹ <input type="radio"/>	¹² <input type="radio"/>
¹³ <input type="radio"/> Other relative	¹⁴ <input type="radio"/>	¹⁵ <input type="radio"/>	¹⁶ <input type="radio"/>
¹⁷ <input type="radio"/> Friend or neighbour	¹⁸ <input type="radio"/>	¹⁹ <input type="radio"/>	²⁰ <input type="radio"/>
²¹ <input type="radio"/> Homemaker service	²² <input type="radio"/>	²³ <input type="radio"/>	²⁴ <input type="radio"/>
²⁵ <input type="radio"/> Friendly visitor service	²⁶ <input type="radio"/>	²⁷ <input type="radio"/>	²⁸ <input type="radio"/>
²⁹ <input type="radio"/> Senior centre or club	³⁰ <input type="radio"/>	³¹ <input type="radio"/>	³² <input type="radio"/>
³³ <input type="radio"/> Other (specify) _____	³⁴ <input type="radio"/>	³⁵ <input type="radio"/>	³⁶ <input type="radio"/>

97. If you had to, could you do the grocery shopping without help?

¹ ☐ Yes

² ☐ No → **Are you completely unable to do shopping?**

³ ☐ Yes

⁴ ☐ No

98. Do you usually get help with managing your money such as keeping track of expenses and paying bills?

⁵ ☐ Yes

⁶ ☐ No → Go to 101

99. Who usually helps you?

For each circle marked ask:
How often does _____ help?

	Once or more per week	Once or more per month	Less than once a month
⁰¹ <input type="radio"/> Spouse	⁰² <input type="radio"/>	⁰³ <input type="radio"/>	⁰⁴ <input type="radio"/>
⁰⁵ <input type="radio"/> Daughter	⁰⁶ <input type="radio"/>	⁰⁷ <input type="radio"/>	⁰⁸ <input type="radio"/>
⁰⁹ <input type="radio"/> Son	¹⁰ <input type="radio"/>	¹¹ <input type="radio"/>	¹² <input type="radio"/>
¹³ <input type="radio"/> Other relative	¹⁴ <input type="radio"/>	¹⁵ <input type="radio"/>	¹⁶ <input type="radio"/>
¹⁷ <input type="radio"/> Friend or neighbour	¹⁸ <input type="radio"/>	¹⁹ <input type="radio"/>	²⁰ <input type="radio"/>
²¹ <input type="radio"/> Counselling service	²² <input type="radio"/>	²³ <input type="radio"/>	²⁴ <input type="radio"/>
²⁵ <input type="radio"/> Legal/accounting service	²⁶ <input type="radio"/>	²⁷ <input type="radio"/>	²⁸ <input type="radio"/>
²⁹ <input type="radio"/> Senior centre or club	³⁰ <input type="radio"/>	³¹ <input type="radio"/>	³² <input type="radio"/>
³³ <input type="radio"/> Other (specify) _____	³⁴ <input type="radio"/>	³⁵ <input type="radio"/>	³⁶ <input type="radio"/>

100. If you had to, could you manage your money without help?

¹ ☐ Yes

² ☐ No → **Are you completely unable to do it?**

³ ☐ Yes

⁴ ☐ No

101. Do you usually get help with personal care such as dressing, feeding or taking medication?

⁵ ☐ Yes

⁶ ☐ No → Go to 104

102. Who usually helps you?

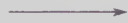
For each circle marked ask:
How often does _____ help?

	Once or more per week	Once or more per month	Less than once a month
⁰¹ <input type="radio"/> Spouse	⁰² <input type="radio"/>	⁰³ <input type="radio"/>	⁰⁴ <input type="radio"/>
⁰⁵ <input type="radio"/> Daughter	⁰⁶ <input type="radio"/>	⁰⁷ <input type="radio"/>	⁰⁸ <input type="radio"/>
⁰⁹ <input type="radio"/> Son	¹⁰ <input type="radio"/>	¹¹ <input type="radio"/>	¹² <input type="radio"/>
¹³ <input type="radio"/> Other relative	¹⁴ <input type="radio"/>	¹⁵ <input type="radio"/>	¹⁶ <input type="radio"/>
¹⁷ <input type="radio"/> Friend or neighbour	¹⁸ <input type="radio"/>	¹⁹ <input type="radio"/>	²⁰ <input type="radio"/>
²¹ <input type="radio"/> Nursing service	²² <input type="radio"/>	²³ <input type="radio"/>	²⁴ <input type="radio"/>
²⁵ <input type="radio"/> Friendly visitor service	²⁶ <input type="radio"/>	²⁷ <input type="radio"/>	²⁸ <input type="radio"/>
²⁹ <input type="radio"/> Homemaker service	³⁰ <input type="radio"/>	³¹ <input type="radio"/>	³² <input type="radio"/>
³³ <input type="radio"/> Other (specify) _____	³⁴ <input type="radio"/>	³⁵ <input type="radio"/>	³⁶ <input type="radio"/>

103. If you had to, could you care for yourself without help?

¹ ☐ Yes

² ☐ No



Are you completely unable to care for yourself?

³ ☐ Yes

⁴ ☐ No

SECTION N

The following questions are about contact with your family and friends.

104. Interviewer: Ask if not known:

Is your mother still living?

¹ ☐ Yes

² ☐ No

³ ☐ Don't know



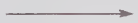
Go to 109

105. How old is your mother?

³⁸ ☐ Don't know

106. Does she live in this household?

¹ ☐ Yes



Go to 109

² ☐ No

107. How often do you see your mother?

³ ☐ Daily

⁴ ☐ At least once a week

⁵ ☐ At least once a month

⁶ ☐ Less than once a month

⁷ ☐ Never

108. How often do you have contact by letter or telephone with her?

¹ ☐ Daily

² ☐ At least once a week

³ ☐ At least once a month

⁴ ☐ Less than once a month

⁵ ☐ Never

109. Interviewer: Ask if not known:

Is your father still living?

¹ ☐ Yes

² ☐ No

³ ☐ Don't know



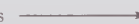
Go to 114

110. How old is your father?

³⁸ ☐ Don't know

111. Does he live in this household?

¹ ☐ Yes



Go to 114

² ☐ No

112. How often do you see your father?

³ ☐ Daily

⁴ ☐ At least once a week

⁵ ☐ At least once a month

⁶ ☐ Less than once a month

⁷ ☐ Never

113. How often do you have contact by letter or telephone with him?

¹ ☐ Daily

² ☐ At least once a week

³ ☐ At least once a month

⁴ ☐ Less than once a month

⁵ ☐ Never

114. Do you have any children?

¹ ☐ Yes



How many?

² ☐ No



Go to 119

<p>115. Do all of them live in this household?</p> <p>³ <input type="radio"/> Yes → Go to 118</p> <p>⁴ <input type="radio"/> No</p>	<p>122. How often do you have contact by letter or telephone with them?</p> <p>¹ <input type="radio"/> Daily</p> <p>² <input type="radio"/> At least once a week</p> <p>³ <input type="radio"/> At least once a month</p> <p>⁴ <input type="radio"/> Less than once a month</p> <p>⁵ <input type="radio"/> Never</p>
<p>The next questions concern your children <u>not</u> living in this household.</p> <p>116. How often do you see them?</p> <p>⁵ <input type="radio"/> Daily</p> <p>⁶ <input type="radio"/> At least once a week</p> <p>⁷ <input type="radio"/> At least once a month</p> <p>⁸ <input type="radio"/> Less than once a month</p> <p>⁹ <input type="radio"/> Never</p>	<p>123. About how many other relatives have you had contact with in the last 3 months? Include aunts, uncles, cousins, nieces, nephews, in-laws.</p> <p><input type="text"/> <input type="text"/></p> <p>⁹⁷ <input type="radio"/> None → Go to 126</p>
<p>117. How often do you have contact by letter or telephone with them?</p> <p>¹ <input type="radio"/> Daily</p> <p>² <input type="radio"/> At least once a week</p> <p>³ <input type="radio"/> At least once a month</p> <p>⁴ <input type="radio"/> Less than once a month</p> <p>⁵ <input type="radio"/> Never</p>	<p>124. How often do you see your relatives?</p> <p>¹ <input type="radio"/> Daily</p> <p>² <input type="radio"/> At least once a week</p> <p>³ <input type="radio"/> At least once a month</p> <p>⁴ <input type="radio"/> Less than once a month</p> <p>⁵ <input type="radio"/> Never</p>
<p>118. Do you have any grandchildren?</p> <p>⁶ <input type="radio"/> Yes → How many? <input type="text"/> <input type="text"/></p> <p>⁷ <input type="radio"/> No</p>	<p>125. How often do you have contact by letter or telephone with them?</p> <p>¹ <input type="radio"/> Daily</p> <p>² <input type="radio"/> At least once a week</p> <p>³ <input type="radio"/> At least once a month</p> <p>⁴ <input type="radio"/> Less than once a month</p> <p>⁵ <input type="radio"/> Never</p>
<p>119. Do you have any sisters or brothers?</p> <p>⁸ <input type="radio"/> Yes → How many? <input type="text"/> <input type="text"/></p> <p>⁹ <input type="radio"/> No → Go to 123</p>	
<p>120. Do all of them live in this household?</p> <p>¹ <input type="radio"/> Yes → Go to 123</p> <p>² <input type="radio"/> No</p>	<p>126. Other than relatives, how many people do you consider close friends? That is, friends you feel close to and can confide in.</p> <p><input type="text"/> <input type="text"/></p> <p>⁹⁷ <input type="radio"/> None → Go to 129</p>
<p>The next questions concern your brothers and sisters <u>not</u> living in this household.</p> <p>121. How often do you see your brothers and sisters?</p> <p>³ <input type="radio"/> Daily</p> <p>⁴ <input type="radio"/> At least once a week</p> <p>⁵ <input type="radio"/> At least once a month</p> <p>⁶ <input type="radio"/> Less than once a month</p> <p>⁷ <input type="radio"/> Never</p>	<p>127. How often do you see your close friends?</p> <p>¹ <input type="radio"/> Daily</p> <p>² <input type="radio"/> At least once a week</p> <p>³ <input type="radio"/> At least once a month</p> <p>⁴ <input type="radio"/> Less than once a month</p> <p>⁵ <input type="radio"/> Never</p>

128. How often do you have contact by letter or telephone with them?

- ¹ ☐ Daily
² ☐ At least once a week
³ ☐ At least once a month
⁴ ☐ Less than once a month
⁵ ☐ Never

SECTION O

129. Now, I'd like to ask you for some background information. How many years of elementary or secondary education have you completed?

- ⁰¹ ☐ No schooling
⁰² ☐ One
⁰³ ☐ Two
⁰⁴ ☐ Three
⁰⁵ ☐ Four
⁰⁶ ☐ Five
⁰⁷ ☐ Six
⁰⁸ ☐ Seven
⁰⁹ ☐ Eight
¹⁰ ☐ Nine
¹¹ ☐ Ten
¹² ☐ Eleven
¹³ ☐ Twelve
¹⁴ ☐ Thirteen
¹⁵ ☐ Don't know
- Go to 131

130. Have you graduated from secondary school?

- ¹ ☐ Yes
² ☐ No

131. Have you had any further schooling beyond elementary/secondary school?

- ⁸ ☐ Yes
⁹ ☐ No → Go to 133

132. What is the highest level? (accept multiple response)

- ¹ ☐ Some community college, CEGEP, or nursing school
² ☐ Diploma or certificate from community college, CEGEP, or nursing school
³ ☐ Some university
⁴ ☐ Bachelor or undergraduate degree or teacher's college
⁵ ☐ Master's or earned doctorate
⁶ ☐ Other (specify) _____

133. What is your date of birth?

Day			Month		Year		

134. Where were you born?

- ⁰¹ ☐ Newfoundland
⁰² ☐ Prince Edward Island
⁰³ ☐ Nova Scotia
⁰⁴ ☐ New Brunswick
⁰⁵ ☐ Québec
⁰⁶ ☐ Ontario
⁰⁷ ☐ Manitoba
⁰⁸ ☐ Saskatchewan
⁰⁹ ☐ Alberta
¹⁰ ☐ British Columbia
¹¹ ☐ Yukon
¹² ☐ Northwest Territories
¹³ ☐ Country outside Canada (specify) _____
- Go to 136

135. In what year did you first immigrate to Canada?

1	9		
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- ⁹⁷ ☐ Canadian citizen by birth

136. What language did you first speak in childhood?

- ¹ ☐ English
² ☐ French
³ ☐ Italian
⁴ ☐ German
⁵ ☐ Ukrainian
⁶ ☐ Other (specify) _____

137. Do you still understand that language?

- ⁷ ☐ Yes
⁸ ☐ No

138. What language do you speak at home now? (If more than one language, which is spoken most often).

- ¹ ☐ English
² ☐ French
³ ☐ Italian
⁴ ☐ Chinese
⁵ ☐ German
⁶ ☐ Other (specify) _____

<p>139. What, if any, is your religion?</p> <p>¹¹ <input type="radio"/> No religion → Go to 141</p> <p>⁰² <input type="radio"/> Roman Catholic</p> <p>⁰³ <input type="radio"/> United Church</p> <p>⁰⁴ <input type="radio"/> Anglican</p> <p>²⁵ <input type="radio"/> Presbyterian</p> <p>²⁶ <input type="radio"/> Lutheran</p> <p>⁰⁷ <input type="radio"/> Baptist</p> <p>⁰⁸ <input type="radio"/> Eastern Orthodox</p> <p>⁰⁹ <input type="radio"/> Jewish</p> <p>¹⁰ <input type="radio"/> Other (specify) _____</p>	<p>144. Is this dwelling owned or being rented by a member of this household?</p> <p>¹ <input type="radio"/> Owned</p> <p>² <input type="radio"/> Rented</p>
<p>140. Other than on special occasions such as weddings, funerals or baptisms, how often do you attend services or meetings connected with your religion?</p> <p>¹ <input type="radio"/> At least once a week</p> <p>² <input type="radio"/> At least once a month</p> <p>³ <input type="radio"/> At least once a year</p> <p>⁴ <input type="radio"/> Less than once a year</p> <p>⁵ <input type="radio"/> Never</p> <p>⁶ <input type="radio"/> Don't know</p>	<p>145. Who is the person (or one of the persons) that lives here and is responsible for paying the rent, or mortgage, or taxes, electricity, etc. for this dwelling?</p> <p><input style="width: 30px; border: 1px solid black;" type="text"/> <input style="width: 30px; border: 1px solid black;" type="text"/> (enter page-line number)</p> <p>⁹⁷ <input type="radio"/> Person lives elsewhere</p>
<p>141. To which ethnic or cultural group do you or did your ancestors belong? (accept multiple response).</p> <p>¹ <input type="radio"/> French</p> <p>² <input type="radio"/> English</p> <p>³ <input type="radio"/> Irish</p> <p>⁴ <input type="radio"/> Scottish</p> <p>⁵ <input type="radio"/> German</p> <p>⁶ <input type="radio"/> Italian</p> <p>⁷ <input type="radio"/> Ukrainian</p> <p>⁸ <input type="radio"/> Don't know</p> <p>⁹ <input type="radio"/> Other (specify) _____</p>	<p>146. How many telephones, counting extensions, are there in your dwelling?</p> <p>⁴ <input type="radio"/> One → Go to 151</p> <p>⁵ <input type="radio"/> Two or more</p>
<p>142. In what type of dwelling are you now living?</p> <p>¹ <input type="radio"/> Single detached house</p> <p>² <input type="radio"/> Semi-detached or double (side-by-side)</p> <p>³ <input type="radio"/> Garden house, town-house or row house</p> <p>⁴ <input type="radio"/> Duplex (one above the other)</p> <p>⁵ <input type="radio"/> Low-rise apartment (less than 5 stories)</p> <p>⁶ <input type="radio"/> High-rise apartment (5 or more stories)</p> <p>⁷ <input type="radio"/> Other (specify) _____</p>	<p>147. Do all the telephones have the same number?</p> <p>⁶ <input type="radio"/> No</p> <p>⁷ <input type="radio"/> Yes → Go to 151</p>
<p>143. What is the Postal Code for this dwelling?</p> <p><input style="width: 40px; border: 1px solid black;" type="text"/> <input style="width: 40px; border: 1px solid black;" type="text"/></p> <p>³ <input type="radio"/> Don't know</p>	<p>148. How many different numbers are there?</p> <p><input style="width: 30px; border: 1px solid black;" type="text"/> <input style="width: 30px; border: 1px solid black;" type="text"/></p>
	<p>149. Are any of these numbers for business use only?</p> <p>⁸ <input type="radio"/> No → Go to 151</p> <p>⁹ <input type="radio"/> Yes</p>
	<p>150. How many are for business use only?</p> <p><input style="width: 30px; border: 1px solid black;" type="text"/> <input style="width: 30px; border: 1px solid black;" type="text"/></p>
	<p>151. Last week, did you do any work at a job or business? (not counting work around the house)</p> <p>¹ <input type="radio"/> Yes → Go to 162</p> <p>² <input type="radio"/> No</p> <p>³ <input type="radio"/> Permanently unable to work → Go to 165</p>
	<p>152. During that week did you have a job or business at which you did not work?</p> <p>⁴ <input type="radio"/> Yes → Go to 154</p> <p>⁵ <input type="radio"/> No</p>
	<p>153. Last week, did you have a job to start in the next 4 weeks?</p> <p>⁶ <input type="radio"/> Yes</p> <p>⁷ <input type="radio"/> No</p> <p style="text-align: right;">} Go to 155</p>

<p>154. Why were you absent from work last week?</p> <p>¹ <input type="radio"/> New job to start in the future → Go to 162</p> <p>² <input type="radio"/> Own illness or disability</p> <p>³ <input type="radio"/> Personal or family responsibilities</p> <p>⁴ <input type="radio"/> Bad weather</p> <p>⁵ <input type="radio"/> Labour dispute (strike or lockout)</p> <p>⁶ <input type="radio"/> Layoff, expects to return (Paid workers only)</p> <p>⁷ <input type="radio"/> Vacation</p> <p>⁸ <input type="radio"/> Seasonal business (Exclude paid workers)</p> <p>⁹ <input type="radio"/> Other (specify) _____</p>	<p>160. Were you enrolled as a full-time or part-time student?</p> <p>¹ <input type="radio"/> Full-time</p> <p>² <input type="radio"/> Part-time → Go to 165</p>
<p>155. In the past 4 weeks, have you looked for work?</p> <p>¹ <input type="radio"/> Yes</p> <p>² <input type="radio"/> No → Go to 161</p>	<p>161. Did you have a job at anytime during the last 5 years?</p> <p>³ <input type="radio"/> Yes</p> <p>⁴ <input type="radio"/> No → Go to 165</p>
<p>156. In the past 4 weeks, what have you done to find work? (accept multiple response)</p> <p>⁴ <input type="radio"/> Public employment agency</p> <p>⁵ <input type="radio"/> Private employment agency</p> <p>⁶ <input type="radio"/> Union</p> <p>⁷ <input type="radio"/> Other (specify) _____</p>	<p>162. For whom do/did you work?</p> <p>_____</p> <p>_____</p>
<p>157. Are you looking for a full-time or part-time job?</p> <p>⁸ <input type="radio"/> Full-time (30 or more hours per week)</p> <p>⁹ <input type="radio"/> Part-time (Less than 30 hours per week)</p>	<p>163. What kind of business, industry or service is/was this?</p> <p>_____</p> <p>_____</p>
<p>158. Was there any reason why you could not take a job last week?</p> <p>¹ <input type="radio"/> Yes - Own illness or disability</p> <p>² <input type="radio"/> Yes - Personal or family responsibilities</p> <p>³ <input type="radio"/> Yes - Going to school</p> <p>⁴ <input type="radio"/> Yes - Already has a job</p> <p>⁵ <input type="radio"/> Other (specify) _____</p> <p>⁶ <input type="radio"/> No - (Was available for work)</p>	<p>164. What kind of work do/did you do?</p> <p>_____</p> <p>_____</p>
<p>159. Last week, did you attend a school, college or university?</p> <p>⁷ <input type="radio"/> Yes</p> <p>⁸ <input type="radio"/> No → Go to 165</p>	<p>165. What was your income before taxes from wages, salaries and self-employment during 1984?</p> <p>\$ _____ .00</p> <p>⁵ <input type="radio"/> No income or loss</p> <p>⁶ <input type="radio"/> Don't know</p>
<p>166. What was your income from government sources such as Family Allowance, U.I.C., Social Assistance, Canada or Quebec Pension Plan or Old Age Security?</p> <p>\$ _____ .00</p> <p>⁷ <input type="radio"/> No income</p> <p>⁹ <input type="radio"/> Don't know</p>	<p>167. What was your income from interest, dividends or private pensions?</p> <p>\$ _____ .00</p> <p>¹ <input type="radio"/> No income or loss</p> <p>² <input type="radio"/> Don't know</p>
<p>168. What was the total income of all household members from all sources during 1984?</p> <p>\$ _____ .00</p> <p>³ <input type="radio"/> No income</p> <p>⁴ <input type="radio"/> Don't know</p>	

APPENDIX II

SAMPLE DESIGN AND ESTIMATION PROCEDURES

APPENDIX II SAMPLE DESIGN AND ESTIMATION PROCEDURES

POPULATION

The target population of the 1985 General Social Survey includes all persons 15 years of age and older living in Canada, with these exceptions:

1. full-time residents of institutions;
2. residents of the Yukon and Northwest Territories.

However, the methodologies that were employed for the survey excluded small sub-populations of the target population. Since random digit dialing techniques were used to select households from which the sample of persons aged 15-64 years was drawn, households (and thus persons living in households) that did not have phones at the time of the survey were excluded from the surveyed population. These households account for less than 3% of the total population. Households with persons 65 years of age and older were selected from the Labour Force Survey (LFS) sample.^{1,2} The LFS excludes all residents of Indian Reserves and full-time members of the Armed Forces. This excludes from the sample a small fraction (less than 0.5%) of the target population aged 65 years and older.

In addition, because the LFS sample for June and July, 1985, was used for the General Social Survey in September and October, several small groups were excluded from the sample, leading to a bias. These resulted from LFS non-responses and movement of eligible respondents into LFS households between June/July and September/October. In total, these exclusions represent less than 5% of the population aged 65 years and older.

The survey estimates have been adjusted (weighted) to represent the entire target population, including persons without telephones, residents of Indian Reserves, the Armed Forces and other exclusions.

SAMPLE DESIGN AND SELECTION METHODS

Telephone Interview Component (ages 15-64)

Two different random digit dialing sampling techniques were used in the 1985 General Social Survey. In Newfoundland and Ontario, a method

based on the elimination of non-working banks of telephone numbers was used, while in the other eight provinces the Waksberg method³ was employed. Both of these methods are explained below.

Telephone survey costs can be reduced considerably by identifying working "banks" at an early stage in the selection process. A "bank" of telephone numbers is a set of 100 numbers that share the same area code (the first three digits of a 10 digit number), the same "prefix" (the next three digits) and the same first two digits of the four digit final part of a telephone number. A working bank has at least one of the 100 possible telephone numbers assigned to a residential household, business, institution or other non-residence (such as a phone booth). The elimination of non-working banks starts with a list of working banks (usually obtained from the telephone company) and uses this list to ensure that only numbers from working banks are selected to be called. However, such lists are not always available. The Waksberg method does not need such a list but employs a two-stage procedure to increase the probability of reaching a household.

In the first stage of the Waksberg technique, a list of all the possible (area code)+prefix combinations for the survey area is used to select a sample of banks. Then a number is selected at random from each of the selected banks. These are called primary numbers and each one is called to determine whether or not it reaches a household. If the number does not reach a household (i.e. the number was not in use or reached a business, institution, etc.) the bank is dropped. If a household is reached, then additional numbers (secondary numbers) are generated within the same bank. For the 1985 General Social Survey, the aim was to interview six households in each bank for which the primary number reached a household, so secondary numbers were generated and called until (a) five additional households were reached in the bank or (b) every number in the bank was called or (c) the survey period ended.

Prince Edward Island was a single stratum while each of the other provinces was divided into at least two strata. The Census Metropolitan Areas (CMA's) were in separate strata from the non-CMA parts of the provinces. The area code and prefix combinations that corresponded to the strata were determined and used to select the appropriate samples in each stratum. Since area code-prefix

boundaries did not always correspond exactly to the intended stratum boundaries, some small biases may have been introduced at this stage.

A sample size of approximately 13,000 households was chosen as being large enough to allow extensive analysis at the national level and limited analysis at a provincial level. It was allocated to provinces in proportion to the square root of their population sizes and to the strata within provinces in proportion to their populations.

Personal Interview Component (ages 65 and over)

The Labour Force Survey was utilized to obtain a sample of persons aged 65 years and older. The Labour Force Survey (LFS) is a continuing monthly household interview survey that has the primary goal of estimating the size and composition of the labour force. Its respondents provide a nationally representative sample, excluding those living in the Yukon and Northwest Territories, persons living on Indian Reserves, full-time members of the armed forces and inmates of institutions. It uses a multi-stage area sample which is based on information from the 1981 Census of Canada and has a complex design, with many levels of stratification. In the final stage of selection, a number of dwellings is selected within a cluster, clusters being well defined areas (such as city blocks) containing approximately 50-200 dwellings, selected at an earlier stage.

Each household in the LFS sample remains in the sample for a period of six consecutive months, thus one sixth of the sample is renewed each month. The group of respondents that enter the LFS sample in a month is called a rotation group. To achieve the sample size needed for the

General Social Survey, two rotation groups were required. The rotation groups that entered the sample in January and February 1985 and exited in June and July were used. The ages of all members of households in the LFS are determined in the first month the household is in the sample, but are not subsequently updated. Thus to interview individuals in September and October for the General Social Survey who were 65 and older, households with at least one person aged 64 years or older in January or February were contacted. One person aged 64 years or older was selected from each such household, with persons aged 75 years and above given three times the probability of selection.

The use of this methodology led to several biases being introduced into the sample. Persons who were not interviewed in their fifth month in the Labour Force sample and who refused to respond or were temporarily away from home in their sixth month could not be selected. This group represents about 2.5% of the population aged 65 years and over. In addition, persons 65 years and over who moved into a household that included no persons 65 and over in June/July, or that included persons 65 and over in June/July who were still living there in September/October, had no chance of selection. This group represents about 2% of the population aged 65 years and over.

Interviewers first contacted the households and updated the demographic information (age, sex, marital status, etc.) on the household members. If the selected person was still residing in the household and was aged 65 or older, then the interviewer set up an appointment to interview this person. If the selected person no longer lived in the household, or had not yet reached the age of 65, then the interviewer selected one other person at random from those aged 65 and over that were living in the household.

WEIGHTING AND ESTIMATION

Both the method employing elimination of non-working banks and the Waksberg method produce samples in which each household receives the same sampling weight. For the Waksberg method this weight is unknown, but it is sufficient for weighting purposes to initially give each household a weight of one.

Then an adjustment was made for non-responding households, at the bank level for the Waksberg sample and at the (area code)+prefix level for the elimination of non-working banks sample. Subsequently, households with no members between 15 and 64 were dropped. In the next step, the weights for households that had more than one telephone number were adjusted downwards to account for their higher probability of selection. Then the respondent was given a person weight equal to the product of the household weight and the number of eligible respondents in the household. Subsequently, these person weights were adjusted within strata so that the estimated population sizes for the strata would agree with Census projections of population. In the final stage of weighting, the person weights were adjusted for over or under-sampling within Province-Age-Sex groups, using

Census population projections for the target population. The age groups (in years) for this activity were: 15-19, 20-24, 25-34, 35-44, 45-54, 55-64.

For the personal interview component, the household weight was taken from the LFS. These were adjusted for subsampling (of the LFS sample) and non-response using population totals from the October 1985 LFS file. At this point, households in which there had been no person aged 65 years and older were dropped. Person weights were derived from the household weights by multiplying by the inverse of a person's probability of selection within the household. The probability of selection was three times higher for persons 75 years of age and older. These person weights were adjusted using Census population projections by province and sex.

The estimate of the number of persons in the population having a given set of characteristics is determined by summing the weights of all sampled persons with that set of characteristics. The estimates of persons presented in the tables are rounded to the nearest thousand, which not only improves readability but also provides data at an appropriate level of precision.

NOTES

- ¹ Statistics Canada Occasional Publication, Catalogue 71-526: Methodology of the Canadian Labour Force Survey, 1976 (1977).
- ² Singh, Drew and Choudry (1984), "Post '81 Censal Redesign of the Canadian Labour Force Survey", in Survey Methodology (Statistics Canada Catalogue 12-001), Vol 10, No 2.
- ³ Waksberg, J. Sampling Methods for Random Digit Dialing. Journal of the American Statistical Association, 1980; 73: 40-46.

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